

MURAL CONTROVERSY PAGE 7 **FOLKLORE!** PAGE 15 **LETTERS** PAGE 3

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EUGENE Weekly



DEFAZIO'S TRUMPSTER FIRE

The congressman is up against an opponent with
no experience but a lot of funding

page 10

VOTE DAMMIT!! ENDORSEMENTS AT A GLANCE PAGE 8

PHOTO BY TODD COOPER





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letters

WEAVER LED A LIFE OF COURAGE

"Lives of great men all remind us we can make our lives sublime and, departing, leave behind footprints in the sands of time." — Henry Wadsworth Longfellow, "A Psalm of Life."

Schoolchildren should learn about the life and accomplishments of former Congressman Jim Weaver and be inspired to live lives of courage.

Jim died on Oct. 6, leaving "footprints in the sands of time" to the lasting benefit of future generations. Eugene, Oregon, and the country owe Weaver for his unwavering and unafraid dedication to the public good.

Betty Taylor
Ward 2 Eugene City Councilor

Editor's Note: See more remembrances of Jim Weaver online at EugeneWeekly.com, as well as election viewpoints and letters.

VOTE BLUE AND FOR DEFazio, TOO

With elections right around the corner, it's a good time to discuss voting blue all the way down the ballot — especially re-electing Congressman Peter DeFazio.

Right now, we have a congressman who supports his constituents. If we elect DeFazio's opponent, we'll have a perfunctory congressman who cares most about a Republican agenda instead of one who fights for our health and safety.

Our frontline workers deserve a minimum wage that protects their ability to provide for themselves and their families. If Alek Skarlatos wins, we can say goodbye to fair pay for our dedicated frontline workers who continue to serve communities across Oregon.

Skarlatos also wants to abolish the Affordable Care Act. Protections for pre-existing conditions would be a thing of the past. As a pawn of President

Donald Trump, Skarlatos and the GOP will work to slash Social Security, affecting millions of Americans.

Is this an agenda or congressperson we want representing Oregon in D.C.?

Douglas County ruled Skarlatos unfit to serve as their county commissioner in 2018. Why would a failed politician be right for our district now?

Remember: Help re-elect Congressman DeFazio when you vote.

Monte Goldbeck and
Cynthia Orlando
Junction City

IBOA MISSTATES ENDORSEMENTS

As a former community newspaper editor, I know endorsements can influence voters who must choose between two strong candidates in a hotly contested local election. It's unfortunate that after the May primary *The Register-Guard* dissolved its editorial board and ended a 90-year practice of endorsing local political candidates.

So it was surprising to read Lane County Commissioner candidate Joel Iboa's inaccurate claim — in a recent mailer and in the Oregon Voter's Guide — that he's endorsed by both the *RG* and *Eugene Weekly*.

Six months ago in a four-person race Iboa got the nod of the now-defunct *RG* editorial board, while *EW* was undecided and said voters would be well served by either Iboa or Laurie Trieger. Neither won a majority, forcing the two-candidate runoff.

However, in this election only *EW* is endorsing. And they've endorsed Laurie Trieger for District 3.

Donovan Mack
Eugene

HEROISM DOES NOT A CONGRESSMAN MAKE

The heroism Alek Skarlatos, Spencer



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YES! EUGENE WEEKLY ENDORSES EMILY SEMPLE

"The city could use Semple's experience and dedication on council."

—Eugene Weekly October 15, 2020

"During COVID-19, having a councilor with her feet already underneath her is a good idea."

—Eugene Weekly

"Semple is candid and straightforward in her leadership and interactions, so what you see is what you get."

—Eugene Weekly

Endorsements:

These individuals & organizations support re-election of Councilor Emily Semple.

Local Elected Officials

George Brown - Former City Councilor, Ward 1

Gary Rayer - Former City Councilor, Ward 1

Betty Taylor - City Councilor, Ward 2

Chris Pryor - City Councilor, Ward 8

David Kelly - Former City Councilor, Ward 3

Pete Sorenson - County Commissioner, District 3

Pat Farr - County Commissioner, District 4

Public Safety Organizations

Eugene Police Employees' Association
Lane Professional Firefighters IAFF L851

Associations

Home Builders' Association of Lane County
Citizens for Responsible Use of Plastics

Neighborhood Organization Leaders

David Monk, Co-Chair,
Eugene Neighborhood Leaders Council

Pam Wooddell, Co-chair,
Friendly Area Neighbors

Margie James, Co-chair,
Friendly Area Neighbors

Carlos Barrera, Former Co-chair,
Friendly Area Neighbors

Ted Coopman, Chair,
Jefferson Westside Neighbors

Sue Cummings, Board member
Jefferson Westside Neighbors

Tom Happy, Former Chair,
Jefferson Westside Neighbors

Paul Conte, Former Chair,
Jefferson Westside Neighbors

Joni Dawning, Former Chair,
Jefferson Westside Neighbors

Steve Pringle, Former Board member,
Jefferson Westside Neighbors

Janice Gotchall, Former Board member,
Jefferson Westside Neighbors

Charles Snyder, Former Board member,
Jefferson Westside Neighbors

Josh Bolton, Former Board member,
Jefferson Westside Neighbors

Ralph McDonald, Co-Chair
Southwest Hills Neighborhood Association

Ron Bevirt, Co-Chair,
Southwest Hills Neighborhood Association

Janet Bevirt, Treasurer,
Southwest Hills Neighborhood Association

Vic Hariton, Former Chair,
Southwest Hills Neighborhood Association

Deborah Noble, Former Board member,
Southeast Neighbors

Bill Aspegren, Co-Chair,
South University Neighborhood Association

Carolyn Jacobs, Vice-chair,
South University Neighborhood Association

Randy Prince, Former Chair,
Amazon Neighborhood Association

Community Members

Stephanie Coopman

Jane Happy

Art Bollmann

Vickie Nelson

Plaedo

Michael Carrigan

Scott Bartlett

Sue Sierralupe

Kark Eysenbach

Dennis Hebert

Jerry Diethelm

Eben Fodor

Wayne Lottinville

Tom Halferty

Michael Gannon

Tony Rosta

Barbara D. May

Jesse Springer

Jorge Navarro

Ed Murphy

Donna Taggart

Miriam Bolton

Christine Sundt

JeanneMarie Moore

Tom Dunn

Eric Jackson

Lisa Marie DiVincent

Nena Lovinger

Bob Edmonds

Margo Schaefer

Dale Justice

Cary Thompson

Helen Shepard

Jill Giddens

Lucy Lynch

David Zupan

Ron Pike

Robert Emmons

Linda Duggan

Cindy Allen

Mats White

Christi Ridge White

Alice Parman

Mary Beth Bonte

Erika Seiferling

Marty Moran

Barbara Aten

David Burkett

William Collinge

Luther Greulich

Randy Groves

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Stone and Anthony Sadler displayed in thwarting the terrorist attack on a European train five years ago is praiseworthy, and they fully deserve the honors received from Belgium, France and President Barack Obama. However, physical heroism is not a particularly compelling qualification for a congressman.

These are trying and demanding times; experience and a deep knowledge of the 4th District's needs and aspirations are essential. Skarlatos has lived in Oregon for only a short period of time, and even that time was broken up by his schooling, National Guard deployment, travel, television appearances, book signings and movie making. This has left scarcely enough time to learn anything about the critical needs of the nearly 700,000 residents of the district.

Congressman Peter DeFazio has a deep understanding of the many diverse issues of importance to the district and has diligently worked to resolve them; as a ranking member of several House committees he is in a position to look out for the district's best interests. For the record, DeFazio has also served his country in the military.

Henry J. Bielefeld
Springfield

HAPPY FOR SEMPLE

As former chair of the Jefferson Westside Neighbors (JWN), I heartily endorse City Councilor Emily Semple for re-election in Ward 1. Semple is hardworking, honest, compassionate and transparent. She meets regularly with the JWN leadership team and attends neighborhood meetings in an effort to educate herself on the needs and priorities of her constituents. She listens deeply and cares about all citizens.

As a neighborhood leader I had many encounters with her opponent, Eliza

Kashinsky In my experience, Kashinsky is divisive, difficult to work with, a poor listener and interested only in her agenda. A recent east coast transplant with a top down outlook on leadership, Kashinsky thinks that she knows what is best despite what others may think. She has shown little respect for the prior work of her long-term neighbors, making a determined effort to abolish zoning changes enacted through a robust community effort. Further, she has publicly stated that neighborhood associations should be disbanded. Kashinsky clearly does not respect the will of the people, which is very undemocratic. Most damning of all, campaign contributions to support Kashinsky are currently under investigation by the Oregon Department of Justice.

Ward 1 voters should re-elect Emily Semple.

Tom Happy
Eugene

DON'T GET YOUR HOPES UP

Civilization is failing. Now there's just one, possibly terminal, global civilization under the sign of technology and capital. Failing fast across the board: environmental disaster, one pandemic after another, immiseration of a tattered life-world — anxiety, depression, loneliness, mass shootings, rising suicide rates, etc.

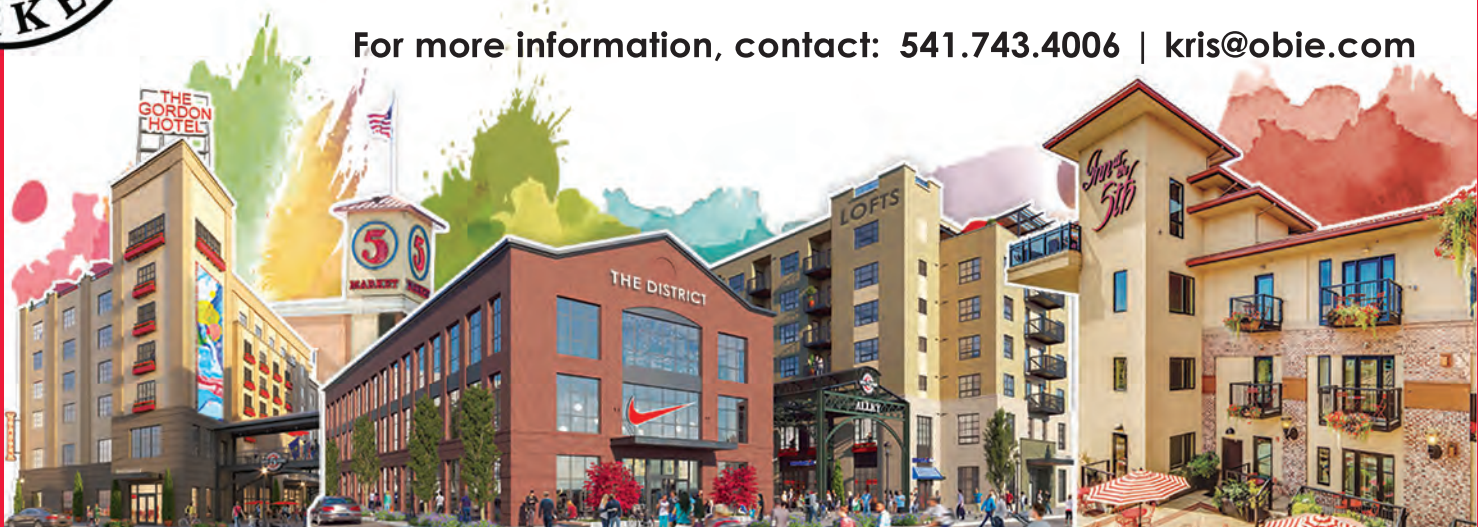
Meanwhile the dominant order requires stable political management (hence the huge Wall Street money for Joe Biden that the despicable Trump discarded). But things have worsened under each successive presidency (yes, including the Obama administration). The basics have little to do with who is president. Biden is false comfort.

John Zerzan
Eugene



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THIS MODERN WORLD

by TOM TOMORROW

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IMPLAUSIBLE DENIABILITY

I HAVE NO KNOWLEDGE OF THIS "Q-ANON" MOVEMENT WHOSE ADHERENTS I FREQUENTLY RETWEET!



THE RELIABLE NARRATORS

HUNTER BIDEN GOT DRUNK AND LEFT A COMPUTER WITH A RANDOM REPAIR SHOP OWNER WHO KNEW A GUY WHO KNEW A GUY, WHO THEN GAVE A COPY OF THE HARD DRIVE TO US!

THIS IS AN EXTREMELY PLAUSIBLE SEQUENCE OF EVENTS WHICH DEFINITELY HAPPENED!



EVERYTHING IS AWESOME

THE PRESIDENT'S RAPID RECOVERY PROVES THAT CORONAVIRUS FEARS ARE WILDLY OVERSTATED!

IF A MAN WITH A ROUND- THE-CLOCK TEAM OF DOCTORS AND ACCESS TO CUTTING-EDGE DRUG THERAPIES CAN BEAT THE VIRUS--THEN WHAT DO WE HAVE TO WORRY ABOUT?



THE IMPORTANCE OF PROPER ETIQUETTE

AS WE APPARENTLY CEDE CONTROL OF THE SUPREME COURT TO THE FAR RIGHT FOR A GENERATION, I FOR ONE WOULD LIKE TO THANK EVERYONE FOR THE COMMENDABLE CIVILITY OF THESE HEARINGS!



A COMPLETELY BLANK SLATE

JUDGE, DO YOU BELIEVE IN PHOTO- SYNTHESIS?

SENATOR, THAT'S FOR ME TO KNOW AND YOU TO FIND OUT!

WHAT ABOUT THE HELIOCENTRIC MODEL OF THE SOLAR SYSTEM?



THE TORMENT OF THE UN- DECIDED VOTER

ON THE ONE HAND, JOE BIDEN SEEMS LIKE A RATIONAL HUMAN BEING--BUT ON THE OTHER, DONALD TRUMP IS A CORRUPT, LYING, IN- COMPETENT, RAVING BUFFOON DRIVING THIS COUNTRY STRAIGHT INTO FASCISM!

I SIMPLY CAN'T MAKE UP MY MIND! AREN'T I JUST FASCINATING?

NEXT: THE LONGEST TWO WEEKS IN HUMAN HISTORY

TOM TOMORROW © 2020

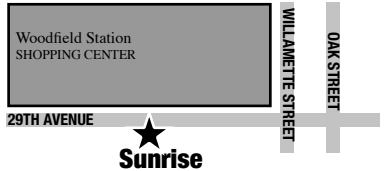


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Local and Vocal

VIEWPOINT BY ALEC HRYNYSHYN

Measure 20-312

PLEASE VOTE FOR CLEAN WATER, HEALTHY SOIL AND COMMUNITY RESILIENCE

It is painful to see harm come to the people and the places you love. The recent fires in the McKenzie Valley and other parts of western Oregon have been heartbreaking because we have personal connections, from the practical to the spiritual. We all want to help put it right, to rebuild community, to renew chances to make lives and make memories. It will take time, sacrifice and a groundswell of support.

It can begin with land and water.

Starting last week a group of local organizations comprising the Pure Water Partners deployed staff to meet with landowners who'd lost homes and trees and surroundings along the McKenzie River. The assessments will help identify priorities and bring resources for site cleanup, hazard removal, erosion and run-off prevention, and replanting.

All of these actions will reduce the impacts of fire on the McKenzie. That river provides drinking water to most of us reading this paper, dozens of miles downstream. I chair the board of one of those member organizations, and see its recovery work today as both a responsibility and a privilege. There is a way you can help directly, both for near-term needs and for the long-haul resilience in the community.

On the voting ballot this month is a pennies per day measure (20-312) that will support the Upper Willamette Soil and Water Conservation District. The UWSWCD is the public's voice in water and soil conservation, and represents all citizens of eastern Lane County.

The measure will also fund habitat conservation work by partner organizations in each of the four upper Willamette watersheds. It will reach across urban and rural water and soil. It will directly support local farmers and gardeners. It will provide students with a doorway to the natural world and to careers in natural resources. It will strengthen the natural infrastructure that is rooted in the High Cascades and is networked throughout our communities.

Clean water and healthy lands are basic human rights. When the latest fire is a memory, the local stewardship of land and water will still be challenged as Lane County grows and changes in sometimes unpredictable ways. We need stable funding to ensure their care, not completely dependent on the currently fickle stream of grants derived from lottery revenue. We need your support, and we need your involvement.

The Soil and Water Conservation District Board members are voter-selected. After casting your ballot in favor of Measure 20-312, please consider joining us in this work. You can learn more about us at UWSWCD.org and about the ballot measure at CleanWaterandHealthysoil.com.

Caring for each other begins with caring for places we all call home. We're fortunate to have rich soils and abundant clean water in Lane County. With your support, we can keep it that way for generations to come. ■

Alec Hrynyshyn is chair of the Upper Willamette Soil and Water Conservation District Board.



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Merkley At Bat

JEFF MERKLEY DISCUSSES THE FUTURE OF THE COUNTRY AND HOW TO MOVE FORWARD

By Taylor Perse

“So how do we get to third base?” *Eugene Weekly* asks Sen. Jeff Merkley in an interview.

The senator is using baseball as a metaphor for getting the country back “home” while navigating post-Trump America.

With less than a month until the election, Merkley is thinking ahead about how to restore balance to the country and its government during these divisive, political times. And though it's a long road, he says he believes it's possible.

Though Merkley is up for re-election, he says he's more focused on supporting other important Senate elections around the country, hoping to turn some states blue in November. Merkley is running for his third term as a U.S. senator from Oregon, and is polling at a comfortable 20 points ahead of his Republican opponent, Jo Rae Perkins, who is best known for her ties to the baseless QAnon conspiracy. Merkley shared his ideas on bridging political gaps and turning America around. He says it starts with voting out Republicans.

Merkley likens the pivot needed in America to scoring in a baseball game. In baseball, he explains, you have to go through the different bases in order to make it home. First base, Merkley says, is the election on Nov. 3.

“We need a blue Senate, a blue House, a blue Oval Office to make a pivot,” He says. “And that pivot is from the government by and for the powerful to government by and for the people.”

Second base, he says, is unrigging the Senate. It needs to be more unbiased, he says, and once the Senate is “unrigged,” it needs to work on making elections more fair. This means working to undo voter suppression,

gerrymandering and dark money, Merkley says. And voting-by-mail will help eliminate some of these intimidation tactics, he says.

As seen already in this election, voter suppression is being used as a political tool. Merkley says not a single Republican will support voting integrity, because election obstruction is now a major strategy of the Republican party.

He finishes the analogy by saying once these two bases are covered, third base would allow the government to start working on issues such as climate change, health care, immigration and jobs.

Merkley also commented on Trump's nomination of Amy Coney Barrett to the Supreme Court. He echoes other Democrats in the Senate in criticizing Senate majority leader Mitch McConnell's push to get Barrett on the court after already setting a precedent not to debate or vote on Supreme Court nominees during an election year.

“This is a continuation of the damage to the integrity of the court for the entire Republican caucus that swore allegiance to this profound principle,” Merkley says. “But they all flipped. This deep principle had turned out to be nothing but a false story for power.”

Merkley adds that unless something dramatic happens, the confirmation vote will be before the election. He says if there is a massive rejection of Trumpism on election day, Republicans do not want to take any chances of Barrett not making it on the court. Essentially, they want to get the vote in before they no longer have the numbers.

Merkley has spoken out against the treatment of immigrants and the separation of families at the Mexican border. He says family separation is still an issue that needs to be fixed.

“They are using damage to children as a political strat-

egy. I think it is one of the most dark and evil things that has happened in America in my lifetime,” he says. “And that will change dramatically with a new administration.

Going back to the baseball analogy, Merkley emphasizes that without having all the right players in office, Congress will not be able to pass reforms, specifically the Development, Relief and Education for Alien Minors (DREAM) Act.

And with climate change, Merkley says the U.S. has the opportunity to set an example for the rest of the world. Though helping mitigate climate change is a responsibility of the whole world, he says it's a tragedy of the commons where many countries are working out of their own interest. “We have to act and be in partnership with the world,” he says, and hold one another accountable.

In looking at the polarized political climate, Merkley says the chasm is huge, and it will stay huge. A major component to this is the seemingly infinite number of media outlets people can gather their information from.

“Most of red America is watching Fox News, and they see one world, and a lot of blue America is watching CNN or MSNBC, and they see a different world portrayed.” Merkley adds that he watches both and is “constantly astonished at the enormous gaps” in the stories that different Americans hear.

Originally from the rural Oregon town of Myrtle Creek, the senator says that the divide between cities and rural America is also deepening the chasm between what different Americans believe.

Merkley adds that he's had colleagues who say that although they may agree with him on a particular issue, Fox News is giving “their base” a totally different story. And they don't want to alienate their base because they want to get re-elected, he says.

But what can bridge this gap? Merkley says it's a theory called run-govern-run, something he picked up when he was Oregon's Speaker of the House. He says instead of focusing on the next re-election, politicians need to use their time to follow through on what they said they would do, and see if that merits re-election. This is especially crucial if the Senate has a majority across all Congress.

“If we, being Democrats, are elected to the Senate, we have to deliver on the issues we are talking about,” he says. “I think the American people who are electing us are saying, ‘Don't just run ideals — get things done.’” ■

slant

• If you have been lucky enough to watch David Byrne's *American Utopia* on HBO, you might note

that a company called Participant was one of the backers of the hugely successful show. That's David Linde's company. He grew up in Eugene, graduated from South Eugene High and has gone on to be the executive producer for shows that have social merit. It's a great watch.

• It's bad enough that the right and left divide is so severe in politics right now — but those are the seeds Donald Trump has sown as he refuses to repudiate basic evils like white supremacy. But add in left versus left? We would like to count ourselves lucky that we have so many great progressive candidates in local elections, **so maybe you all could knock it off with the mailers?** We were taken aback when we saw that the Joel Iboa for Lane County commissioner campaign used an outdated *EW* primary endorsement as if it was up-to-date for the general election — it was not. It also cites *The Register Guard*, which sadly has ceased even doing endorsements. While we liked Iboa, we went with Laurie Trieger. And in the Eugene City Council Ward 1 race, the black and red mailer attacking Eliza Kashinsky was over the top. We confidently endorse incumbent Emily Semple, but we don't endorse attacks.



• Let's be honest. It's a fraught time to be a journalist right now. Donald Trump's attacks on “the media” have filtered down so far we see even progressive thinkers blaming the messenger. And yet, **to our joy, we see, each day, young journalists producing amazing stories.** Jade Yamazaki Stewart, *EW* intern-turned-freelance journalist, is also the editor of the University of Oregon's *Ethos* magazine. The current issue is a glossy, fascinating delight.

• **Congressman Peter DeFazio and GOP challenger Alek Skarlatos** both, to our surprise given Skarlatos's lack of interaction with local media, attended a City Club of Eugene forum Oct. 16. At the end of the forum, moderator Brian Bull of KLCC (who did a great job maintaining control) asked the two who they would dress up as for Halloween. Skarlatos dodged the question, and DeFazio said he's still undecided, but his past costumes

riffed on current events — like dressing up as a mad scientist to mock his longtime challenger Art Robinson. If DeFazio needs ideas, here are two inspired by Skarlatos' résumé, which lists him as a National Guard sniper and as a participant on *Dancing with the Stars*: dress as a sniper from the meta Nazi propaganda movie in Quentin Tarantino's *Inglourious Basterds* or as a ballerina.

• **Checked into the slick new website Lane County News lately? Don't bother.** The site — you can Google it, we're not publicizing the link — is part of a network of 1,300 algorithmically generated “news” sites around the country owned by or connected to conservative businessman Brian Timpono. In 2006 he founded Journatic, the disgraced news agency that used fake bylines on stories, some plagiarized, some written automatically and some written by badly paid third world stringers. It charged money for favorable coverage. In a story Oct. 18, *The New York Times* called Timpono's current operation “rooted in deception, eschewing hallmarks of news reporting like fairness and transparency.” It's also just plain bad, like these actual headlines from *Lane County News*: “Linda Gilbreath donates \$7 to Peter A. Defazio's campaign committee in June” and “one people in their twenties in US test positive for COVID-19 during week ending August 13.” Algorithmic newswriting needs a few more years in journalism school.



DETAIL OF 'FIBERS OF HISTORY'

Art in Context

THE MURAL 'FIBERS OF HISTORY' IS UNVEILED IN DOWNTOWN EUGENE

By Dan Buckwalter

The mural's motifs include monarchs and music notes, women tending to harvest and boys with nets as well as two young girls on their knees, arms linked. Its center has a large bald eagle, wings spread, representing power. Its colors blend beautifully.

At the top of the mural is the larger than life presence of activist Charles Landeros, and to the left of that is a smaller version of Landeros, this one with a stern face shouting into a bullhorn for justice.

The mural, titled "Fibers of History," recently finished by artist Rodolfo Redstone Serna of Portland, is displayed on the east end of West Park Street in downtown Eugene, right behind where Lane County Farmers Market sets up its booths. It is the product of a partnership with Lane Arts Council and the city of Eugene in conjunction with Fiesta Cultural.

It deserves to be seen in historical context on a fall morning, when the sun shines a direct light on the rainbow colors. The mural shows the elegance, pride and humanity of Latinx culture, its simplicity inherent in all cultures. It also deserves to be seen in the present context, because the circumstances surrounding this mural, and Landeros' place in it, are still tender.

Landeros, 30 years old, was shot in the head and killed by Eugene police on the morning of Jan. 11, 2019, just outside the main doors of Cascade Middle School.

There had been a custody dispute and tension between Landeros and his ex-wife. Outside the school's front doors that morning there was a scuffle between Landeros and officer Aaron Johns. Landeros pulled out a 9 mm handgun (Landeros was a founder of a group called Community Armed Self-Defense) and pointed

it at officer Steve Timm. Landeros fired two shots, but missed. Timm returned fire with the fatal shot.

The body cams that Timm and Johns had on — and later released by the District Attorney's Office — are less than 30 seconds of terror, all the more so because children were nearby. Patty Perlow, the Lane County district attorney, noted that the incident showed "no clearer circumstance that the use of deadly force is justified than this."



DETAIL OF 'FIBERS OF HISTORY'

Landeros's brother and other immediate family members firmly disagreed. Lauren Regan, an attorney for the Civil Liberties Defense Center who represented the Landeros family, countered in a later press release that while the situation was delicate for police, "We also know that people of color are disproportionately the victims of police violence. We know that Charlie, as an activist against police brutality and a descendant of Mexican and Filipino parents, was aware of this."

Less than two years later stands the mural on West Park Street, with permission from members of Landeros' immediate family.

"For me it's about raising awareness," the 46-year-old

Serna explains from his home in Portland. "The Creator wanted me to do this thing. I want to grow. I want to grow on both sides. There are so many perspectives to this. There's still more story to Charlie. This is a conversation needing to be had."

"It's about the human experience," he adds. "It's a piece that's more about unity."

Serna runs Redstone Collective in Portland, a non-profit that seeks to teach art to various communities. It has a foothold in the Multnomah County Juvenile Detention Center, among other places.

Serna notes that from a young age, growing up in Chicago "I didn't see myself represented" in art. He seeks to correct that and has, with community involvement, left studio work and been painting murals for more than a decade. "I have a knack for this work," he says.

Yet the mural at the West Park Street site seems to have been a surprise to some in Eugene. There's been the predictable, yet curious, blowback from Chris Skinner, chief of the Eugene Police Department.

Skinner, in a statement earlier this month, was upset in part with a depiction of a police officer in the lower right of the mural, arms outstretched, with what many believe to be a pig sitting next to him.

"Some images in the mural," he writes, "... feel very divisive and do not seem to be in alignment with the goal of bringing community together and building trust with the public safety professionals that serve the community every day."

Serna explains that the officer in the mural — generic and not a depiction of EPD officers, in particular — is reaching to pull an ear of corn, a cultural staple of the Latinx and Indigenous communities. The image to the left of the officer is not of a pig but of a calla lily flower.

Stacey Ray, interim executive director of Lane Arts Council, and Laura Hammond of the City Manager's office, back up Serna's assertions — though Hammond, in an email to *Eugene Weekly*, notes, "We acknowledge that we have work to do to improve our process and communication to avoid these unintended consequences."

Serna is aware of the criticism but not worried about it.

"It was going like any other project," he says. "People are moved by my work, and Eugene was invested, then this happens. Are you going to go back on this?"

He adds, "I can't be too surprised at what happened in Eugene. The final product doesn't belong to me. It belongs to the community. That's why I didn't sign it."

"Fibers of History" is beautiful, even if not all of the history it depicts is not, and it deserves to be seen for the art that it is and in the context in which it was painted. ■

Vote!

ENDORSEMENTS

BY EW STAFF

NATIONAL RACES

President

Donald Trump / Michael Pence, Republican

Joseph Biden / Kamala Harris, Democrat

Jo Jorgensen / Jeremy (Spike) Cohen, Libertarian

Howie Hawkins / Angela Walker, Pacific Green

Dario Hunter / Dawn Neptune Adams, Progressive

Congress

SENATE

Jo Rae Perkins, Republican

Jeff Merkley, Democrat, Independent, Working Families

Ibrahim Taher, Pacific Green, Progressive

Gary Dye, Libertarian

U.S. REPRESENTATIVE, 4TH DISTRICT

Daniel Hoffay, Pacific Green

Peter DeFazio, Democrat, Independent, Working Families

Alek Skarlatos, Republican

STATE RACES

Oregon Secretary of State

Shemia Fagan, D, WF

Kim Thatcher, R, I

Oregon State Treasurer

Tobias Read, D

Jeff Gudman, R

Chris Henry, I, Progressive, Pacific Green

Oregon Attorney General

Ellen Rosenblum, D, I, WF

Lars Hedbor, L

Michael Cross, R

Legislature

STATE REPRESENTATIVE 7TH DISTRICT

Cedric Hayden, R

Jerry Samaniego, D

STATE REPRESENTATIVE 8TH DISTRICT

Timothy Aldal, R

Paul Holvey, D, WF

Martha Sherwood, L

STATE REPRESENTATIVE 11TH DISTRICT

Marty Wilde, D

Katie Boshart Glaser, R

STATE REPRESENTATIVE 12TH DISTRICT

Ruth Linoz, R

John Lively, D

STATE REPRESENTATIVE 13TH DISTRICT

Nancy Nathanson, D

David J Smith, R

STATE REPRESENTATIVE 14TH DISTRICT

Julie Fahey, D

Rich Cunningham, R

STATEWIDE MEASURES

Measure 107

Limits political campaign contributions and expenditures. **Yes.**

Measure 108

Increases cigarette and cigar taxes, e-cigarette and vaping taxes. **Yes.**

Measure 109

Psilocybin. **Yes.**

Measure 110

Statewide addiction/recovery services. **Yes.**

LANE COUNTY

Lane County Board of Commissioners

SOUTH EUGENE, POSITION 3

Joel Iboa

Laurie Triege

NORTH EUGENE POSITION 4

Pat Farr, unopposed

CITY OF EUGENE

Eugene Mayor

Lucy Vinis

Isiah Wagoner (write in campaign)

Eugene City Council

WARD 1

Emily Semple

Eliza Kashinsky

WARD 2

Matt Keating, unopposed

WARD 7

Claire Syrett

J. Hallie Roberts (write in campaign)

WARD 8

Randy Groves, unopposed

CITY OF SPRINGFIELD

Springfield City Council

WARD 3

Johanis Tadeo

Kori Rodley

LOCAL LEVIES

Measure 20-309

Eugene Public Library five year local-option levy. **Yes.**

Measure 20-311

Springfield Fire and Life Safety Levy. **Yes.**

Measure 20-312

Upper Willamette Soil and Water Conservation District, Oregon Permanent Tax Rate Limit. **Yes.**

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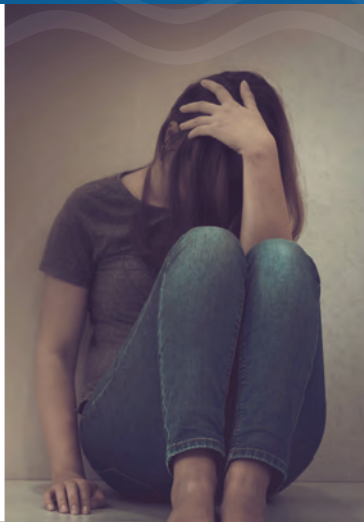
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**Alek Skarlatos on overturning Roe v. Wade
and outlawing a woman's right to choose:**

“We should probably go for it.”



When Asked About Overturning Roe v. Wade, Skarlatos Said:

“ if we can do it, we should probably go for it. *[Candidate forum, 10/2/20]* ”

And Skarlatos wants to defund Planned Parenthood and let employers deny insurance coverage for birth control. *[Oregon Right to Life; Skarlatos iVoterGuide questionnaire]*

**By November 3, Vote to Protect Our Reproductive
Freedom – Vote No on Alek Skarlatos for Congress**

Paid for and authorized by Peter DeFazio for Congress.

The Trumpster Fire Challenging DeFazio

DEMOCRATS SAY DEFAZIO'S REPUBLICAN OPPONENT IS FOLLOWING IN TRUMP'S FOOTSTEPS — HE'S RACIST AND INEXPERIENCED By Anika Nykanen

Alek Skarlatos is young, right wing and starred in a major Hollywood film. Now, he is running as the Republican candidate against Rep. Peter DeFazio in Oregon's 4th Congressional District. During the critical third quarter of this year's campaign, Skarlatos also out-fundraised the 33-year incumbent, according to Skarlatos' team.

Skarlatos' platform, which has gained support from high-level Trump associates, is centered on reviving the timber industry, defending Second Amendment gun rights and stopping "illegal" immigration.

"His appeal is 100 percent tied to Donald Trump. Some of it may be because he's young and handsome. But none of that has to do with his credibility on any of the issues," says Democratic Party of Lane County Chairman Chris Wig. "Skarlatos has no experience that relates to any kind of governance whatsoever."

Skarlatos did not respond to *Eugene Weekly's* attempts to contact him on four different platforms over a three-week period, even as the campaign season entered its final stretch following Labor Day Weekend. *EW* instead drew on his interviews with other sources, including right-wing groups.

The 28-year-old Republican is best known for playing himself in Clint Eastwood's *The 15:17 to Paris*, based on his own experience stopping a terrorist attack in France. He also performed on *Dancing with the Stars*, where he finished third place and made headlines in *People* magazine and *Bustle*.

Skarlatos was born in Sacramento County, California, and moved to Roseburg as a teenager. Right after graduating from Roseburg High School, he enlisted in the Oregon Army National Guard and spent nine months in Afghanistan.

In 2018, he pivoted to politics and made an unsuccessful bid for Douglas County commissioner.

Despite this early political failure, Skarlatos is trying to give DeFazio a run for his money in the race to represent Oregon's 4th, out-fundraising the veteran incumbent by \$1.1 million in the third quarter alone, according to tweets from the Skarlatos campaign. He has raised more than \$3.9 million during the 2020 election cycle, most of it in the past few months.

Seventy-five percent of Skarlatos' total donation amount is from out-of-state, according to receipts filed with the Federal Election Commission. And 64 percent of those individual donations are from outside Oregon. In comparison, 89 percent of DeFazio's total donation amount comes from outside Oregon, but only 60 percent of individual donations to his campaign are from out-of-state. Overall, Skarlatos has fewer individual donations.

"I think the important thing with Alek Skarlatos is that most of his money is coming from out of state," says Douglas County Democratic Party official Alana Lenihan. "It's not even residents of Douglas County or the state of Oregon."

National Republican Party leaders have rallied behind Skarlatos to aid his bid for Congress. He has been endorsed by House Minority Whip Steve Scalise, R-Louisiana, and has financial support from House Minority Leader Kevin McCarthy, R-California, and Sen. Ted Cruz, R-Texas.

McCarthy set up a joint fundraising committee that has brought in more than \$69,000 for Skarlatos. Cruz has promised to help Skarlatos, among 25 other Republican House candidates, by raising \$100,000 for each.

Democrats warn the party is going to have to spend heavily in Oregon's 4th to keep it blue. "It's a close district," Oregon state Sen. Lee Beyer says. "I think it's probably a swing district."



Photo courtesy Alek Skarlatos

In 2016, Hillary Clinton beat Trump in DeFazio's district by 0.1 percent, or 554 votes.

The nonpartisan public opinion poll Rasmussen Report changed the district rating from "Safe Democratic" to "Likely Democratic" in July. That's partly because the district's two progressive college towns — Eugene in Lane County and Corvallis in Benton — sit between Curry, Linn, Josephine and Douglas counties, which are all majority Republican. The report warned that changes to the academic school year due to the COVID-19 pandemic, including remote learning, could affect the election results.

Both the University of Oregon and Oregon State University's fall classes are online, meaning many students are not in Eugene and Corvallis and might be less inclined to vote. With weeks before the election, pollsters still view the race as "Likely Democratic."

Doyle Canning, the progressive candidate who challenged DeFazio in the Democratic primary, says Demo-

which has been used to support the theory of trickle-down economics and argues for lower taxes on the wealthy. Laffer's trickle-down theory was the basis of such radical tax-cutting campaigns as California's Prop. 13 and Oregon's disastrous Measure 5.

"I believe in lower taxes and lower regulation," Skarlatos said in a candidates forum hosted by the City Club of Eugene on Oct. 15. His support for economic freedom made headlines in late May when he posted a picture of himself next to the owners of Casey's Restaurant in Roseburg. Skarlatos visited the diner after it was fined \$14,000 for reopening in violation of Gov. Kate Brown's executive order during the first wave of COVID-19 infections. In the picture, Skarlatos stands shoulder-to-shoulder with the owners and gives the camera a thumbs up. No one is wearing a mask.

Skarlatos' unmasked appearance at the restaurant appears to reflect his emphasis on the economic effects

'Basically his position isn't really about how to deal with forest fire. It's how to boost timber industry profits.'

— **TIM INGALSBEE**, EXECUTIVE DIRECTOR, FIREFIGHTERS UNITED FOR SAFETY, ETHICS, AND ECOLOGY

crats can't take the race lying down. "Nobody can sit this out. There is an urgency to not just defeating Trump, but every Republican down-ticket," Canning says. "We need to send a message that the white nationalist criminal administration we've been enduring over the past four years can never happen again."

Skarlatos has aligned himself with the far-right wing of the GOP. He is endorsed by Sen. Tom Cotton R-Arkansas, Stephen Moore — who advised Trump's 2016 presidential campaign — and Arthur Laffer. A controversial Reagan economist, Laffer is best known for the Laffer Curve,

of the COVID-19 crisis despite the major health concerns associated with the restaurant's reopening. His health care policy also centers on market freedom. His campaign website states that the free market is the best way to improve healthcare quality and increase access to services.

Skarlatos does agree with restricting access to health care when it comes to abortion. He is endorsed by Oregon Right to Life. In the Oct. 15 candidates forum, Skarlatos said, "I do not believe in federal funding for Planned Parenthood."

"We are really excited about Alek's campaign," says

MENTAL HEALTH IN A TOUGH TIME



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It Wasn't the Sadness, It Was the Silence

RECOGNIZING THE SUICIDAL CLUES PEOPLE MAY BE SHOWING YOU *By Melanie Velez*

I got a call at 3 am on Dec. 14, 2014, that would change me forever. My youngest cousin, John, who had been at my house for dinner just hours before, had died by suicide in his garage.

How could this happen after a beautiful evening of wine and steaks and exchanging Christmas gifts? He was only 30 years old and had just married the love of his life, a really amazing woman, a Chinese student at the University of Oregon. As they cuddled on the couch that last night, they talked about his work doing online marketing and maybe starting a winery near Salem.

Now it was time to help his wife pick up the broken pieces of her life. I stayed with her for more than 72 hours straight, never leaving her alone. We cried, talked and packed up the eerie house. Mostly, though, I listened more deeply than I ever had in my whole life.

When almost everything was packed on the morning of the fourth day, I held almost half of her body weight by her arm and shoulders as she stepped out of the house for the first time as a woman alone in the world. We were survivors of a suicide without so much as a note.

We tried to make sense of what happened. She recalled that other than the last family Christmas dinner, John was not going out of the house and was communicating less with people. His alcohol and marijuana intake had

increased and was pretty much a daily habit.

Despite the dreams of owning a winery one day, we realized he had been rejecting all help and future plans. For example, her father had offered to pay for John to go to college, and he declined.

John would say his life “sucked” to his wife but wouldn’t want to talk about it with anyone else or seek any counseling. The conflict in their relationship was increasing.

But the biggest red flag of all was that he had tried to take his life a year prior in that same garage after a binge drinking episode. That suicide attempt was kept silent from me. I assumed it was not in his wife’s Chinese culture to talk much about these things.

But then I realized the saddest truth: Americans don’t talk much about suicide, either.

For my part, I haven’t spoken much about John’s death to anyone, and I feel it is time for me to break that silence.

My cousin’s behaviors were among the textbook signs of someone at risk for suicide — and we missed them. He had behavioral clues like unexplained irritability, as well as increasing drug and alcohol use. His negative statements about his life were typical indirect verbal clues. His increased social isolation and previous suicide attempt were both risk factors for another attempt.

The warning signs of suicide are well-researched. If our family had known them, perhaps I would still have my sweet cousin. I have to live with that.

I would rather you don’t live with that kind of suffering — which is why I’m inviting you to a free opportunity to learn QPR suicide prevention training. Teaching you how to “Question, Persuade and Refer” those in your life that may be at risk for suicide, QPR training not only allows you to recognize the suicidal clues people may be showing you, it shows you how to offer them hope as well.

The next online training sessions are 10 am Nov. 3 and 6:30 pm Nov. 18, and in just a bit more than an hour, you can learn how to save a life. If that class is full, look further down the schedule; there are classes all through the fall.

I hope to see you there. As a family member of someone who has died by suicide, I don’t want you to make the same mistakes I did. ♦

To register for QPR training, go to SuicidePreventLane.org or the Lane County Public Health Suicide Prevention Program at 541-682-8731.

Melanie King Velez is a nurse who was born and raised in the Eugene/Springfield area. She is currently working on a doctorate nursing degree and is a member of the Suicide Prevention Coalition of Lane County.

Thrown Off Track

THE PANDEMIC DESTROYED OUR ROUTINES AND MADE SPACE FOR NEW HABITS, WHETHER GOOD OR BAD. *By Jade Yamazaki Stewart*

Alli Wasseman barely slept or ate for a week in early June. She'd been doing OK, even though she was overworked with her barista job and grad school applications, before the pandemic. She even enjoyed the first couple of weeks of quarantine after she'd been furloughed from Peet's Coffee.

But then, with no routine or anything to do, she started feeling trapped in her Portland apartment. Wasseman was diagnosed with severe anxiety and panic attacks five years ago. It got worse when the pandemic started, and she spent her days lying in bed and worrying about the future.

"I really didn't have a routine," she says. "That allowed my anxiety to fester."

Wasseman says she started abusing alcohol and weed to keep the anxiety at bay.

When regular routines are disrupted, as they were for most of us at the beginning of the pandemic, there's an opportunity to make new habits, according to Elliot Berkman, a University of Oregon psychology professor. Some people who deliberately created healthy new habits for themselves thrived, while others struggled as their old routines disappeared.

"During the pandemic, your whole schedule gets disrupted and changed, and unless you're very deliberate about reinserting times to be active and form those habits again, they're not just going to pop back up on their own," says Berkman, who studies motivation, goals and behavior change.

He says that habits are reinforced by having a consistent environment and routine. For example, he says, a lot of runners before the pandemic would have a habit of running before work, during their lunch break or when they came home.

Berkman says there's a close relationship between habit and motivation. "Once you establish a habit, you don't really need motivation," he says. "Once you're in the routine of doing something, you kind of do it without thinking about it."

Elora Hanawa, a UO undergraduate, took advantage of the pandemic to make healthier habits for herself. She started running up and down Spencer Butte when the quarantine started in Eugene.

Hanawa, who is a triple major at UO and does multiple extracurriculars, would spend all day on campus winter term. Then the pandemic started, all of her roommates left town, and she was left in an apartment on her own.

She said it was hard for her to make time to work out before the pandemic.

She wasn't consistent at all during winter term, Hanaway says. "I'd go when it suited me, and I would dread going, but now I actually like going and I get excited to go."

After several months of exercise, working out is a habit for her and no longer requires motivation. Hanawa says because of these healthy habits, her mental health is better now than before the quarantine.

Gabby Urenda, a Beaverton-based journalist, also

has become healthier during the pandemic.

Urenda was put on part-time pandemic hours in the spring and started working from home. Before the shutdown in Oregon, she would normally work out once she got done at the office.

But when she started working from home, she says she'd feel too tired after a long day working at a desk in her bedroom to exercise. So she started taking runs during her lunch break, something she couldn't have done when working at the office. Since then, Urenda says she finds it much easier to find the energy to stay active.

"Losing a routine has led to me trying to find a new one," she says.

Wasseman, like Urenda and Hanawa, has also now found healthier pandemic habits for her body and mind. After that week in June, where she barely ate or slept, she went home to her family in California to recover. There, she went to an intensive outpatient program to work on her anxiety and her dependence on alcohol and weed.

Wasseman is now five months sober. She says she's developed better mental health habits, like allowing herself to ask for help from friends and family when she needs it. She's back at work now and is enrolled in the graduate journalism program at UO.

Wasseman says she learned the importance of having a routine from the pandemic. She says even little things, like waking up at the same time every day or making breakfast every morning, are key to mental health.

"Those are the little things that keep yourself sane." ♦

The Second Curve

IN THE WAKE OF COVID-19 COMES A SECOND CURVE OF MENTAL HEALTH IMPACTS *By Roger Brubaker*

Early in the pandemic the columnist David Brooks wrote an op-ed for *The New York Times* predicting a "curve behind the curve" of COVID-19. He argued that this second curve represented the mental health problems and substance misuse that would result from the profound relational, social and economic impact of the pandemic.

As 2020 progresses, it's fair to say that this second curve will only be amplified as Americans continue to grapple with our racist history and the current racism in our country as well as people here in the western U.S., and as Lane County experiences the impacts of the recent wildfires.

In fact, emerging research is beginning to validate Brooks' prediction, indicating that the second curve may already be here. Data from the Centers for Disease Control demonstrates that roughly 40 percent of people in the U.S. have experienced mental health problems, substance abuse or increased suicidal ideation during the pandemic, and that prevalence of depression and anxiety may be three times as high as this time last year.

Furthermore, this second curve is having a disproportionate effect on the same groups as the first curve: People who identify as Black and Hispanic, lower socioeconomic groups, health care workers and older adults.

These data show that people in the U.S. have been traumatized. Trauma is a response to a deeply disturbing event that overwhelms our ability to cope and can cause feelings of helplessness and diminish our sense of self. As the protracted second curve continues to impact us

over the next few years, it will be all the more critical that we work towards understanding our emotional and psychological states and maintaining mental wellness.

As a result of these traumas, people may feel emotions such as anger, sadness or panic that don't make sense to them, and they may find it difficult to understand and explain why they feel this way. It is important for us to acknowledge and name these emotions. These are all normal responses for people when faced with trauma and loss and being able to express our experiences and hear others is an important first step for individual and collective recovery.

For some people it may be important to seek out behavioral health care services. Telebehavioral health care is effective and more widely available than ever before as health care providers work to meet client needs online or over the phone. For others, peer support services may be more acceptable and accessible and provide them with the relief and care they need. The Lane County chapter of the National Alliance for Mental Illness provides free peer support services online and many other local chapters of groups such as Alcoholics Anonymous have transitioned online as well.

In addition to health care and peer support services, it's important that people practice a regular self-care regimen. Self care is any act that we incorporate into our lives that provides us with relief and promotes wellness, healing and resilience. This could be anything from mindfulness practices to sharing a comforting moment with a friend to chopping cordwood in the backyard. As long as it is an act done with intention and an emphasis

on reminding ourselves that our experience is real, valid and matters, it will help us recover from stress, show up for whatever comes next and be available to support our loved ones.

Many of us will likely need to summon new courage to accomplish these new tasks. If you don't know where to start, it can sometimes be as simple as saying to someone, "I'm worried about myself and I don't know what to do. Can you help me?" If you're worried about someone else you can ask them, "How are you holding up? What can I do to support you?" These questions may not always feel safe and may be truly unsafe for some to ask. If that's the case, you can call the Whitebird Crisis Line at 541-687-4000 or 1-800-422-7558 for anonymous support.

Mental health, substance misuse and behavioral healthcare services are often stigmatized, and some people may feel uncomfortable, even ashamed, if they are feeling overwhelmed right now. As a result, it's understandable that some of these suggestions may not resonate with everyone. However, we are facing a protracted wave of loss, and there is no way around this that's within our control right now. We must accept the reality of these losses, grieve them and find new ways to live in a new world.

This is difficult and we will continue to struggle, but we don't need to suffer. Take a moment to check in with yourself and your loved ones today. Remind yourself that you have inherent value. Let others know you care about them. These simple acts are enough right now. ♦

Roger Brubaker is the suicide prevention and mental health promotion coordinator for Lane County Public Health.

Treatment for Psychosis

LIVING WITH BIPOLAR DISORDER THROUGH COGNITIVE BEHAVIORAL THERAPY FOR PSYCHOSIS

By Anonymous

Mental illness can be a lifelong struggle, as you may know. I have struggled with bipolar disorder for about a decade, having been diagnosed in 2009 as a teenager. Thanks to good doctoring, therapy, perseverance and medication, I think I am entering a period of relative stability, once again.

Before I get into my experience with CBTp (Cognitive Behavioral Therapy for psychosis) and how it has affected my day-to-day life, I want to provide some background about me.

Since my initial episode I have had bouts of instability, for sure, but by and large things have been OK. By OK I mean that I graduated from college, worked for about two years and then went to graduate (law) school. Graduate school is where the problems started, again.

Well, really, looking back I realize that things were deteriorating prior to that, while I was working, but graduate school is where it came to a head.

Fortunately, I did not have a manic episode or require hospitalization, but my baseline psychotic symptoms, which are usually pretty mild, increased in intensity. My symptoms consisted of intrusive thoughts and hearing things in the wind. I was also somewhat sclerotic in my thinking and delusional — not a good combination for a law student who has to think and make arguments on the fly. Adding to the small parade of things that were going wrong, my school was in a different city than the one where my support network is. Going to school in a new city empty handed, so to speak, was a bad idea. A therapist I saw was supportive but not equipped to handle someone struggling with psychosis.

The combination of a dip in my grades along with the persistent symptoms caused me to decide to transfer to a law school closer to home. The next semester was a little better, but still difficult.

When I was back in Seattle I learned about CBTp and was fortunate enough to get into therapy. The treatment, which I will describe shortly, spurred my recovery and I credit it, along with a new medication regimen, to my current state.

However, the treatment program did not resolve my doubts about a future life as a lawyer, so I decided to withdraw from law school, and am taking courses in preparation for an engineering program, something I am much more excited about.

CBTp advanced my recovery in many ways. The therapy is a subset of regular CBT, which is a talk-based therapy that helps people cope and live with their symptoms, be it pain, anxiety, chronic illness or something else. CBTp differs in that it helps patients manage psychosis.

It helped me develop insight into my condition and tools for dealing with symptoms that I previously did not have. Some of the techniques I learned in CBTp therapy may seem very basic to others, but they were not intuitive to me. And they are skills that have been fundamental to my recovery.

The two main CBTp skills that I still consistently use are “identifying the thought” and “five steps of cognitive restructuring,” though most of the other skills are useful. Identifying the thought is when you have an unpleasant thought and you acknowledge the thought and then move on, when in the past I had avoided those thoughts.

The five steps of cognitive restructuring are: 1) identifying your unpleasant thought; 2) assessing whether it is plausible or not; 3) rating your thought on a scale of 0 to believable (100 percent); 4) making a new thought to

explain the situation, emotion, judgement, etc; 5) writing out a new, more believable thought. For example, I was walking downtown and a woman scoffed when I passed her. My initial thought was, “She did not like my outfit or thought I was out-of-place.”

After doing the five steps of cognitive restructuring, the new thought could be: “She was reading her phone and reacted to something on her phone, and not me.” This may seem like a pretty fundamental, ordinary skill, but it is a powerful tool for dealing with emotions like anxiety and worry.

Those two skill sets have given me the confidence to address challenges — delusional thoughts, hearing voices — I face throughout the day, so that I can stay on task and not get absorbed by such distractions.

In addition to the box of mental tools that my CBTp doctor helped me develop, we kept track of my symptoms in a systematic way, which was also very helpful. Being able to look at where I was at the start of therapy versus months into the program offered insight about where I had room to grow and areas where I had made progress.

However, therapy generally does not end in the doctor’s office. By this I mean that I put a lot of outside effort into trying to make CBTp work, by practicing the techniques I worked on in therapy and by reading some books my

doctor recommended. She recommended two books, *Distressing Voices* and *Paranoid and Suspicious Thoughts*, which I studied and learned from in conjunction with the CBTp therapy. Learning through reading suits me, and it helped me further understand my condition and the therapy. I liked learning from the experiences of other patients, whose stories were included in the books. Those stories gave me exposure to how other people reacted to the therapy and why other people were in therapy. It sort of normalized my own experience.

With my therapist I found that developing my own terms or ways of interpreting can be of benefit. For instance, I call some of my intrusive thoughts “dandelion thoughts.” They used to always grow back, but now that I have learned to acknowledge them instead of trying to stomp them out, they are less annoying. I also do yoga and work on breathing, a tenet of CBTp, that complements the therapy.

As I hope this makes clear, CBTp has had a dramatic effect on my outlook with respect to psychotic symptoms. I wish I had been offered this therapy when I was first diagnosed or when I first started having symptoms. These are tools that I will use and call on for the rest of my life. ♦

The writer of this viewpoint is anonymous out of concerns over stigma from identification.



Trumpitized

THE U.S. IS TRAUMATIZED AND NEEDS REAL HEALING *By Bob Doppelt*

The U.S. is a traumatized nation. Millions of people are now “trumpitized” as well, which greatly adds to their distress. The individual and collective traumas that result here in Lane County and nationwide threaten everyone's mental health, safety and security — and our democracy.

Explicit efforts must be made to heal these traumas, which will require the adoption of innovative community-based initiatives as well as new economic, social and ecological policies.

Sociologist Kai Erickson defined individual trauma as “a blow to the psyche that breaks through one's defenses so suddenly and with such brutal force that one cannot react to it effectively.” When this occurs people often “withdraw into themselves, feel numbed, afraid, vulnerable and very alone.”

Erickson defined collective trauma as “a blow to the basic tissue of social life that damages the bonds attaching people together and impairs their prevailing sense of community... [it is] a gradual realization that the community no longer exists as an effective source of support and that an important part of the self has disappeared.”

Since the mid-1970s powerful economic forces have traumatized more and more individuals and generated collective traumas as well. These include relentless economic globalization that has outsourced millions of jobs overseas and gutted entire U.S. industries and towns, new technologies that continually eliminate blue collar jobs, and the growing control of government by corporations and the super rich that has generated vast economic inequality.

A number of social forces have added to the economic traumas, including growing urbanization, crowding and social complexity, increasing speed of life produced by the internet and other technologies, anxiety about foreign and domestic terrorism, distress caused by lack of affordable health care and fears that immigrants will take away even more jobs and alter our cultural makeup.

Adding even more anguish and fear to the economic and social traumas are powerful ecological forces, including, but not limited to, the destructive impacts of record wildfires, heat waves, historic storms and other disasters caused by the global climate emergency.

Almost everyone has been impacted by one or more of these forces, with people who are less educated, white males, and those in rural communities among the hardest hit. The often abrupt loss of family-wage jobs, the inability to support their families and other impacts have left many individuals traumatized by feelings of shock and hopelessness. The forces have also destroyed the social connections and cultural bonds that provide vital community support, leading to collective trauma.

All levels of government have failed to meaningfully address these challenges, leaving many people feeling disrespected, left behind and angry at the “elites” they believe control government and society. These sentiments were a major factor in the election of Donald Trump as president in 2016. Rather than offering positive solutions, however, his constant bevy of lies, childish name calling, vast corruption, calls for violence against political opponents,

blatant appeal to racism, bigotry, sexism and misogyny, and countless other self-serving illegal, unethical and immoral acts have accentuated the worst of our nation.

The result is that a majority of Americans now feel trumpitized. On top of all of the other traumas they experience, they are now more frightened than ever

genuine need for new types of rural and urban businesses and jobs that restore the natural environment, as well as inexpensive education and job training, affordable health care, basic income and other forms of economic security. Dramatically reduced income inequality, incentives for businesses to produce goods domestically, and numerous

HEALING TRAUMA BEGINS BY
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before about what the future holds for them, their children and our nation.

Healing trauma begins by acknowledging it, naming it and understanding its causes and effects. Only then can the process begin of releasing the personal and collective anguish, rising above past hardships, and creating a better future.

As described in my previous column (“After the Fire,” 9/17), with concerted effort, local residents can accomplish much of this by bringing the entire community together to help all adults and youths learn self-care skills, establish social connections across cultural, economic and geographic lines, empower neighbors to assist other neighbors and engage organizations of all types in building mental wellness and resilience.

But these community-based initiatives will continue to be relentlessly assaulted unless the underlying economic, social and ecological forces that produced the traumas are meaningfully addressed.

This cannot be accomplished by going backwards, as Trump and some other politicians propose. Trying to recreate the blue collar jobs that have been lost, such as timber jobs here in Oregon and coal jobs in Appalachia, will not only fail to address today's challenges, it will make the economic and social traumas generated by ecological forces like the climate emergency far worse.

The only option is to go forward and address the

actions that reduce the climate emergency to manageable levels are also urgently needed.

These solutions require the type of resources, policies and coordination that only the government can provide. Even though effective government action seems impossible today, it has happened before.

In the early 20th century, for example, the progressive movement responded to disruptive economic and social forces by modernizing government, establishing regulations that made big business more responsible and improving working and living conditions for many people. It also established some of our nation's first environmental and resource conservation policies. Twenty years later, the New Deal created jobs that kept millions of Americans out of poverty during the Great Depression.

These and other examples show that the government can rise above partisan politics, see conditions clearly and meaningfully address the economic, social and ecological forces that are traumatizing our nation and threatening our democracy.

Real change won't be easy or happen fast. But effective solutions to the economic, social, and ecological forces that are traumatizing and trumpitizing our nation are within our reach. ♦

Bob Doppelt coordinates the International Transformational Resilience Coalition and writes an (ir)regular column for Eugene Weekly.

Liberty Pike, spokesperson for Oregon Right to Life. “We ask our elected officials to stand up for the rights of the people they represent, and those include people in the womb that are not yet born.” She says they are confident Skarlatos will defend that position if he is elected.

“Skarlatos is not with Oregon women,” DeFazio said in an email to *EW*.

Skarlatos also supports unlimited Second Amendment rights. “I just hate any gun law because I think it’s an infringement,” Skarlatos said in an interview with the owner of Basin and Tackle, a fishing store in Coos Bay. “Even President Trump passing the bump stock ban I think was a huge mistake.”

Bump stocks allow semi-automatic rifles to fire continuously with one pull of the trigger. In the 2017 Las Vegas shooting which killed 58 people — the deadliest shooting in modern U.S. history — 12 of the guns found in the shooter’s hotel room were rigged with bump stocks. The shooter was able to fire 1,000 rounds into the concert arena where the massacre took place.

On immigration, Skarlatos has taken aim at sanctuary cities, calling them “awful” in an interview with *Your Voice* TM Campaign Corner, a Trump-devoted YouTube “news” channel. “Housing criminals, especially the worst kind — violent criminals — I mean it’s awful for the citizens that live in those cities,” Skarlatos said. He supports building Trump’s border wall to prevent undocumented migrants from crossing into the U.S. through the Southern border.

Canning says that Skarlatos’ immigration platform

‘Alek Skarlatos’ attitude towards the Black Lives Matter movement is a relic of Jim Crow.’

—CHRIS WIG, CHAIRMAN, DEMOCRATIC PARTY OF LANE COUNTY

is “just a continuation of the white nationalist agenda of the Trump administration, and it’s out of step with Oregon values.”

Skarlatos’ response to the Black Lives Matter protests has also toed Trump’s party line. In a tweet from Aug. 10, Skarlatos called protesters “the mob.” He said, “The chaos we see is the result of failed leadership by elected officials who choose to placate and stand by rioters and looters instead of local businesses.”

“Alek Skarlatos’ attitude towards the Black Lives Matter movement is a relic of Jim Crow,” says Lane County Democratic Party official Wig. “Skarlatos is racist.” The majority of Eugene and Springfield Black Lives Matter protests have been peaceful on the part of BLM protesters.

Local business, which Skarlatos cited in his tweets about BLM, has become a rallying call for his campaign because of his central focus on revamping the timber industry — the other BLM, the Bureau of Land Management.

“Southwestern Oregon relies on the timber industry,

and since the timber industry went away it’s been really hard on people economically, you’ve got unemployment, homelessness,” Skarlatos said in an interview on the podcast *Free Range American*. “Everything has really gone downhill since timber left and I really want to bring it back, not really for the timber industry but just for the people of southwestern Oregon.”

He claims timber has been largely killed by environmental regulations and mismanagement of federal forests.

Douglas Democratic Party official Lenihan says Skarlatos’ narrow focus on timber has resulted in a one-note campaign. “He’s not taking a deep dive into any of the other issues that face this county related to poverty and jobs and the environment.”

Lenihan says forest fires in Douglas County make the air quality so bad that residents aren’t able to go outside in the summer. “It just happens every year,” Lenihan says. “He’s not addressing any of those issues. If he does address forest fires, it’s that we need to get in there and cut everything down so there’s nothing to burn.”

The 2020 fire season in Oregon is one of the deadliest on record. It forced tens of thousands of people to evacuate their homes.

On *Free Range American*, Skarlatos discussed forest fire control. “Most people can look outside and realize that there are more forest fires every year in California and Oregon than there were in the past, and there’s got to be a reason for it,” Skarlatos said. “It’s probably not global warming, it’s probably the fact that we don’t manage our forests anymore and we don’t put out forest fires.”

Tim Ingalsbee, the executive director of Firefighters United for Safety, Ethics and Ecology (FUSEE), says climate change and clearcutting largely account for the increased intensity of forest fires, not misconceived environmental protections.

In the Basin and Tackle interview, Skarlatos outlined the kind of forest management he says Oregon is missing, including salvage logging. “They’re not allowing them to cut these trees and sequester carbon and then plant new trees in their place to help the forest recover even ten years faster than if you just leave it and let it rot on its own.”

To Ingalsbee, Skarlatos’ suggestion that increased logging is environmentally savvy is wrong. “Skarlatos’ claim that boosting logging will reduce forest fires is really preposterous.”

“Basically his position isn’t really about how to deal with forest fire. It’s how to boost timber industry profits,” Ingalsbee says. “It’s not even about timber industry jobs either, because so much of the industry is automated.”

Ingalsbee says that if Skarlatos wanted to create forestry jobs, he would look into the potential for job creation in forest management, potentially as part of a Green New Deal.

Skarlatos has criticized DeFazio’s co-sponsorship of the Green New Deal, calling it a “horrible bill” in his interview with Basin and Tackle. His lack of support for the GND goes hand-in-hand with his skepticism

that climate change is largely caused by humans.

In an interview with *E & E News*, an online newspaper focused on energy and the environment, he said he believes in climate change, “but whether or not humans are doing enough to contribute to the cause of it, that’s still up for debate.”

Brett Steinacher, an educator who taught Skarlatos in a class called “Senior Health” at Roseburg High School, says he supports Skarlatos’ analysis of the environmental and economic stressors in Douglas County.

“He wants to represent southwestern Oregon and some of the great things that our region offers. And so I think timber is something that is a natural resource, it’s plentiful,” Steinacher says. “I think that’s a good platform to run on.”

Steinacher says he is pleased to see a young person getting involved in politics.

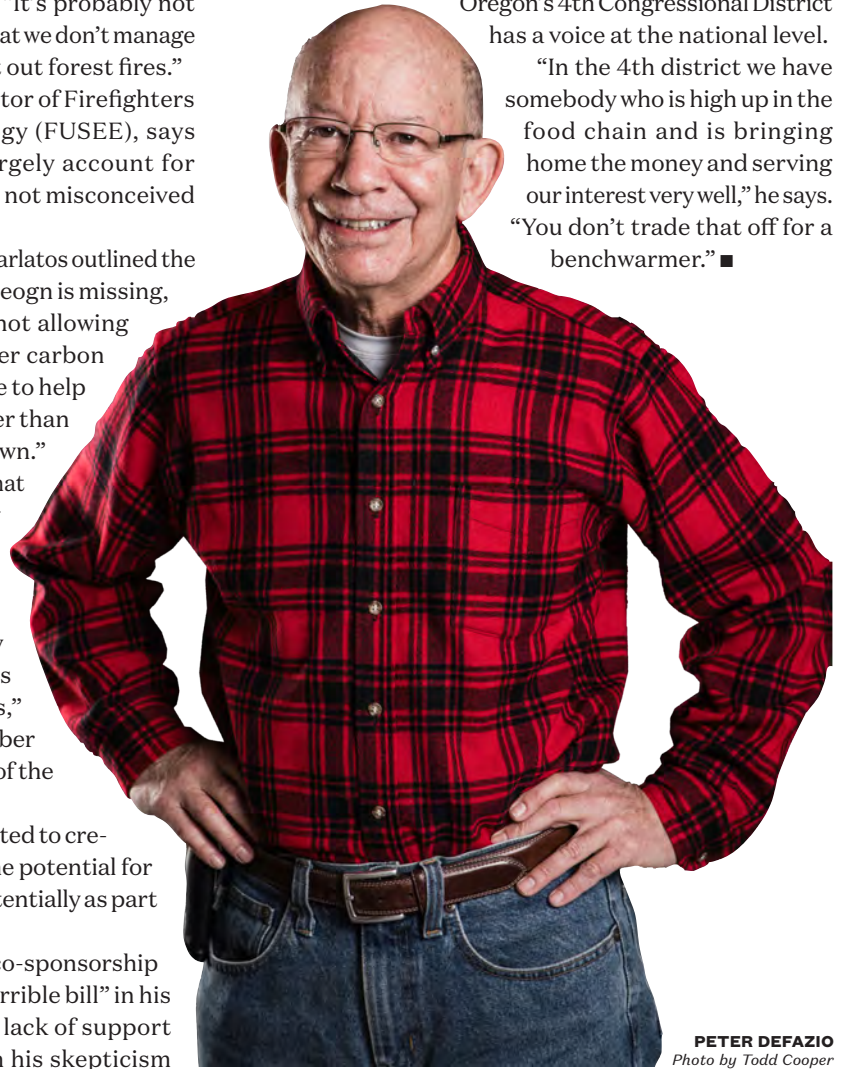
“He’s got a lot to learn but knowing him as a student, he’s an individual who doesn’t have all the answers so he’s going to lean on the people that do and that information is going to help guide his decision making as hopefully a successful politician.”

Steinacher says Skarlatos’ youth could be an advantage against DeFazio, who is 73, and has represented Oregon’s 4th Congressional district for more than three decades.

State Sen. Beyer disagrees. He says DeFazio’s status as one of the top 10 senior members in the House means

Oregon’s 4th Congressional District has a voice at the national level.

“In the 4th district we have somebody who is high up in the food chain and is bringing home the money and serving our interest very well,” he says. “You don’t trade that off for a benchwarmer.” ■



PETER DEFazio
Photo by Todd Cooper



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Hi, Let's Shift lanes

Try the new 13th Ave protected bikeway!

October 23-30

- Socially-distanced group rides
- Deals at local businesses
- Filmed by Bike Film Festival
- Livestream events

EugFun.org

“I support a free, local,
and independent press.”

— Oregon Attorney General Ellen Rosenblum



In these challenging times,
Oregon needs, more than
ever, a strong press — and
a strong Attorney General

- Ellen led a Public Records Reform Task Force, resulting in much-needed and long-awaited reforms.
- Ellen received the First Freedom Award from the Oregon Society of Professional Journalists for her commitment to government transparency.
- Ellen has stood up for Oregonians' affordable health care and insurance, working to cut drug prices and fight the opioid epidemic.
- Ellen has been a strong advocate for consumers, taking on powerful corporations and protecting seniors from scams and frauds.
- **VOTE to Re-Elect Ellen Rosenblum as Oregon's Attorney General. So she can keep fighting for US!**



Ellen Rosenblum has dedicated her
career to fighting for and protecting
the people of Oregon — as a
prosecutor, as a judge, and now as
our Attorney General.

She's the People's Attorney.

Authorized and paid for by Elect Ellen Rosenblum for Attorney General

what's happening



If you like scary movies, then you will love the **Strangest Things Haunted Farm** at Johnson's Vegetable Farm. You are immediately greeted by bloody sheets at Murder Row, and from there swept away into several spooky areas. Staffed by highly skilled volunteers, many of whom are of high school age, you will have encounters with Babadook, Regan MacNeil from *The Exorcist*, some creepy Whitewalkers from *Game of Thrones* and many more scary characters. "It takes about 35 minutes to get through," says Kalin Howard, owner of the Haunted Farm. The corn maze they have built is legitimately creepy, and expertly built by some of the volunteers. During this haunt you will encounter several high-end props and budding actors, and be a part of a loving, fun community, which is very needed and appreciated in COVID times. "The idea is to make the haunt look as creepy and eerie as possible. We want it to look like you're trapped in a horror movie," Howard says.

The Strangest Things Haunted Farm is open Thursday through Saturdays 8 toll pm, and entry is \$19. Johnson's Vegetable Farm is located at 89733 Armitage Road. The farm also hosts a less scary family fun event featuring a tractor ride and pumpkin toss, 9 am to 6 pm Monday through Saturday and 9 am to 5 pm Sunday. The hayrides are \$8 each. — *Chandler Henderson*

GENERAL

LISTINGS ARE FREE UNLESS OTHERWISE NOTED

ACTIVIST ALERT

Thursday, Oct. 22: Rights, Dissent and the State: Preparing for a Potentially Turbulent Election Registration, 3-5pm. More info at CLDC.org.

Saturday, Oct. 24: Ride 4 Justice (8-mile bike ride and teach-in sponsored by Eugene-Springfield NAACP), 1pm, Alton Baker Park, 622 Day Island Rd.

FARMERS MARKETS

Farn Stand Reopening (thru Oct. 31), 10am-6pm, Organic Redneck Growers, 44382 McKenzie Hwy, Waltermville.

GATHERINGS

"Hi, Let's Shift Lanes" (thru Oct. 30), celebrating the new bikeway on 13th Avenue. More info at Eugene-or.gov.

HEALTH

Zoom classes at YMCA.org.

Zoom workout classes at CrossFit. Email Contact@CrossFitIntensify.com for more info.

Workout classes at IAmForeverStrong.com.

Workout classes at Evolve Fitness Studios. More info at EvolveFitnessStudios Facebook page.

Yoga classes at EugeneYoga.us; WildLightYogaCenter.com; EugeneMudra.com; HotYogaEugeneBalanced.com; YogaEugene.com.

HOLIDAY

Strangest Things Haunted Farm, 8-11pm, Thursday thru Saturday nights (themed Thursdays and last Wednesday in October), Johnson's Vegetable Farm, 89733 Armitage Rd. \$19 per person.

Thrill The World Eugene, Flashmob Dance Performances in October, fundraiser for ShelterCare. Small group outdoor performances throughout Eugene/Springfield. More info at ThrillTheWorldEugene.com or ShelterCare.org.

ONLINE ENTERTAINMENT

Oregon State Parks, Nature: Live in Your Family Room, OregonStateParks.org.

"Springfield Public Library - Where Minds Grow," Springfield Public Library YouTube channel.

ART EXHIBITS

Jordan Schnitzer Museum of Art, JSMA.Uoregon.edu.

Día de los Muertos/Day of the Dead Exhibit, thru Nov. 2, Maude Kerns Art Ct.

Block Play Reduction Linocuts by Connie Mueller & Wood Sculptures by Dale Mueller, thru Nov. 14, White Lotus Gallery.

David Simone: Cuba - An Outsider's View of Place and People, thru Nov. 14, Dot Dotson's.

New Zone Art Gallery Annex Opening, thru Nov. 7, Smith's Family Bookstore Annex.

Tom Blodgett: Faces, Figures and Phantoms: A Partial Self-Portrait, Sept. 30-Oct. 31, Karin Clarke Gallery.

Benefit Exhibit for First Step Solutions (thru Nov. 30), Silver Lining Boutique, 2217 Hwy. 101, Florence.

River Gallery Window Artist Show - Sue Mason (thru Oct. 31), River Gallery, 184 S. Main St, Independence.

ONLINE LECTURES/CLASSES

Job Search Help by appointment at the downtown library. Call 541-686-7985 to schedule.

Classes and programs online w/ Museum of Natural & Cultural History (UO), MNCH.Uoregon.edu.

Opportunities at Extension (including the Virtual Fall Festival). OregonState.edu. Oregon State University Extension Service.

FAMILY/KIDS

Wellsprings Friends School Tele-friend Telethon (thru Oct. 21). More info at WellSpringsFriends.org.

Bilingual Storywalk outside Petersen Barn (thru Oct. 31). More info at Eugene Public Library (Eugene-or.gov/library).

Adventure! Children's Museum 5th Annual Family Halloween Event (online), Oct. 13 thru 31, including online Pumpkin Sale. More info at AdventureChildrens-Museum.org.

ONLINE PERFORMANCE

FANS on Relix.com. Some streams FREE, others cost. More info at Relix.com.

ONLINE SPIRITUAL

Blue Cliff Zen Ctr, via Zoom. Meetings can be found at BlueCliffZen.org.

THURSDAY OCTOBER 22

FILM

Springfilm Presents: *Count Dracula* Film Discussion, 7pm. More info at Springfilm Presents Facebook page.

HEALTH

NAMI Support Zoom Group at NAMILane.org, 7pm. RSVP at NAMILane.org.

LECTURES/CLASSES

Simon Starling: "Regarding Time," 10am. More info at ArtDesign.UOoregon.edu.

Calming Yoga via Zoom, noon-1pm. RSVP at Vista-Psych.com.

Spread Peace, online support group, noon-1pm. RSVP at BethGreen.as.me.

Stay at Home Lecture Series w/ OSU College of Forestry, 3pm, Oregon-State.edu.

Theatre Thursdays (playwriting), 5pm. More info at SPA of Lane Community College Facebook page.

Anxiety - Trade it for Mental Peace, 6-7:30pm. RSVP at MeditateInEugene.org. \$2.

Uncovering and Interpreting Salem's Chinese Shrine, 6pm. More info at MNCH.UOoregon.edu.

The Truth about Acupuncture and Cancer by Stacy Dunn (Virtual), 7:30-8:30pm, Oregon Cancer Foundation. More info at OregonCancerFoundation.org or email Katie@OregonCancerFoundation.org.

MUSIC

Sonido C, 7pm, beergarden.

Gerry Rempel & Hamilton Mays, 6pm, Territorial Vineyards.

ON THE AIR

"The Point," 9am, KOPV, 88.0 FM

"Arts Journal," 9pm, Comcast channel 29

Thursday Night Jazz, 10pm, KLCC, 89.7 FM

PERFORMANCE

Eugene Symphony Orchestra Thursday Night Live, Francesco Leece-Chong Facebook page.

SPIRITUAL

Zen Meditation, 7am, Blue Cliff Zen Ctr, 439 W. 2nd Ave.

FRIDAY OCTOBER 23

FOOD/DRINK

Pizza Night at Capitello Wines w/ Pizzeria DOP!, 4-8pm, Capitello Wines, 540 Charnelton St.

GATHERINGS

Candidate Forum: Oregon House, Districts 13 & 14, Eugene City Club Facebook page, then on the City Club of Eugene YouTube page. Airs again on Monday, Oct. 26 on KLCC, 89.7 FM.

Food Not Bombs, cooking starts at noon (email EugeneFoodNotBombs@gmail.com for location), serves at 4pm at Park Blocks next to the fountains.

LECTURES/CLASSES

Fall Preview Day (Virtual), 8:30am-3pm, Gutenberg.org.

MUSIC

Concrete Delta Trio, 6pm, Territorial Vineyards.

Anya Lecuyer & Friends, 6:30pm, Mac's Night Club & Restaurant.

Friday Night Folk Music Live-Stream, 7pm. More info at Kathryn Rose Celtic Folk Music Festival Facebook page.

SATURDAY OCTOBER 24

BENEFITS

The Bookish Brain Trivia Night to support the Frances O'Brien Memorial Library in Blue River, 6pm. More info at EPLFoundation.org.

FARMERS MARKETS

Lane County Farmers Markets, 9am-3pm, Park Blocks, E. 8th Ave. & Oak St.

Spencer Creek Growers Market, 10am-3pm, Spencer Creek Grange, 86013 Lorane Hwy.

FOOD/DRINK

Pizza Night at Capitello Wines w/ Pizzeria DOP!, 4-8pm, Capitello Wines, 540 Charnelton St.

GATHERINGS

Burrito Brigade, 9:30am-3:30pm. More info at BurritoBrigade.org.

Virtual Mushroom Festival, 10am-6pm. More info at MountPisgahArboretum.com.

Climate Revolutions by Bike: 13th Avenue Bikeway Opening Ride, 2pm, Monroe Park, 10th Ave. & Monroe St. More info at ClimateRevolutions.org.

KIDS/FAMILY

Family Forest Field Day, 9:45am-noon, Bauman Tree Farm, 84289 Territorial Rd. RSVP at Coordinator@ForestsTodayandForever.org.

LECTURES/CLASSES

Ananda Vinyasa-Free Yoga in the Park, 10-11am, Fern Park, 8th St, Veneta.

Celebrating Siblings!, 1-3pm. More info at OpheliasPlace.net.

MARKETS

Eugene Saturday Market, 10am-5pm, Park Blocks, E. 8th Ave. & Oak St.

MUSIC

Skip Jones & The Spirit of New Orleans, 6:30pm, Mac's Night Club & Restaurant.

Geoffrey Mays, 6pm, Territorial Vineyards.

ON THE AIR

The Dr. Yeti Radio Show, 10pm-midnight, KOFC, 92.5 FM or streamed at KOFC.org.

The Institute of Spectra Sound, 10pm-midnight, KEPW, 97.3 FM

THEATER

A Sleepy Hollow Tea (Halloween Tea), 1-3pm, Shelton McMurphy Johnson House, 303 Willamette Street. \$15-30.

SUNDAY OCTOBER 25

FARMERS MARKETS

Dexter Lake Farmers Market, noon-4pm, Lowell Rolling Rock Park, 100 N. Shore Dr, Lowell.

GATHERINGS

Virtual Mushroom Festival, 10am-6pm. More info at MountPisgahArboretum.com.

Burrito Brigade, 11am-4pm. More info at BurritoBrigade.org.

Annual Election of the Board of Directors for the CCPA (Community Center for the Performing Arts) aka WOW Hall, 6pm. Zoom link at WOWHall.org & FriendsOfWowhall.org.

HEALTH

Occupy Medical, noon-4pm, 1717 Centennial Blvd, Springfield.

LECTURES/CLASSES

Weekly Guided Meditation and Dharma Talk w/ Tulku Jigme Rinpoche Zoom Event, 10am-noon. More info at PalmoCenter.org. \$15 sug. Donation.

MARKETS

Whiteaker Market, 11am-4pm, Scobert Park, 4th Ave. & Blair Blvd.

MUSIC

Delgani String Quartet (Beethoven's Legacy), Christian Science Church, 1390 Pearl St. & live streamed. More info at Delgani.org.

SPIRITUAL

Eugene Insight Meditation, 6:30pm. Zoom link at EugeneInsight.com.

Zen Meditation, 4:30pm, Blue Cliff Zen Center, 439 W. 2nd Ave.

MONDAY OCTOBER 26

HEALTH

Connection Peer Support Group at NAMILane.org, 7pm. RSVP at NamiLane.org.

LECTURES/CLASSES

Musical Mondays (music education videos), 10am, Eugene Symphony Orchestra Facebook page.

Lunchtime Meditation, noon-12:30pm, RSVP at MeditateInEugene.org. \$1.

Journalism, Politics & the 2020 Election Webinar Series ("Connecting with Communities, Reaching Rural America" w/ Damian Radcliffe, Todd Milbourn & Lisa Heyamoto), 5pm. Zoom link at [UOregon.Zoom.us](https://uoregon.zoom.us/join)/webinar.

Writing Personal Essays During a Pandemic, 6:30-8pm. More info at WillametteWriters.org.

Ananda Vinyasa-Free Yoga in the Park, 7-8pm, Fern Park, 8th St, Veneta.

TUESDAY OCTOBER 27

FARMERS MARKETS

Tuesday Farmers Market, 10am-3pm, Park Blocks, E. 8th Ave & Oak St.

FOOD/DRINK

Pizza Night at Capitello Wines w/ Pizzeria DOP!, 4-8pm, Capitello Wines, 540 Charnelton St.

KIDS/FAMILY

Family Storytime, 11am, Eugene Public Library Facebook page.

LECTURES/CLASSES

Lunchtime Meditation, noon-12:30pm, RSVP at MeditateInEugene.org. \$1.

Teen & Young Writers' Workshops, 1-3pm. Word-Crafters.org. \$125-145.

Consider This w/ Jamelle Bouie, 5-6:30pm. More info at OregonHumanities.org.

OUTDOORS/RECREATION

All Tied Up in Knots-Seven Years w/ Calidris canutus (slide show), 7-8pm. More info at LaneAudubon.org.

Tuesday Night Trivia w/ Nic, 7:30pm, Rennie's Landing, 1214 Kincaid St.

SPIRITUAL

Zen Meditation, 7am, Blue Cliff Zen Ctr., 439 W. 2nd Ave.

WEDNESDAY OCTOBER 28

GATHERINGS

Drum Circle, 6pm, New Zone Art Gallery, 22 W. 7th Ave.

HEALTH

Pop-Up Clinic & Street Outreach, 3pm, under Washington Jefferson Park bridge, Washington St. & W. 5th Ave.

Connection Peer Support Group at NAMILane.org, 6pm. RSVP at NamiLane.org.

KIDS/FAMILY

Family Wednesdays w/ Eugene Symphony Orchestra, 7pm, Francesco Leece-Chong Facebook page.

Triple P Live Discussion: Dealing With Discipline, 6:30-8pm. More info at ParentingNow.org

LECTURES/CLASSES

Ananda Vinyasa-Free Yoga in the Park, 10-11am, Fern Park, 8th St, Veneta.

Teen & Young Writers' Workshops, 1-3pm. Word-Crafters.org. \$125-145.

The Rejects Club, 6:30-8:30pm. More info at WordCrafters.org. FREE-\$10.

Calm-Abiding Meditation, 7-7:30pm. More info at PalmoCenter.org.

MUSIC

Matthew Puccio, Jr., 6:30pm, The Public House.

SPIRITUAL

Zen Meditation, 7am, Blue Cliff Zen Ctr., 439 W. 2nd Ave.

THURSDAY OCTOBER 29

FILM

Movies a Maude's ft. *Frida*, 7 pm, Maude Kerns Art Ctr. RSVP at MKartCenter.org.

HEALTH

NAMI Support Zoom Group at NAMILane.org, 7pm. RSVP at NAMILane.org.

LECTURES/CLASSES

Historical Archaeology and Afro-Crucian Heritage, 6 pm, Online, . .

John Mann: "The Walled Garden", 4 pm, Online, . .

Calming Yoga via Zoom, noon-1pm. RSVP at VistaPsych.com.

Spread Peace, online support group, noon-1pm. RSVP at BethGreen.as.me.

Theatre Thursdays (directing), 5pm. More info at SPA of Lane Community College Facebook page.

MUSIC

Rudolf Korv, 7pm, beer-garden.

ON THE AIR

"The Point," 9am, KOPV, 88.0 FM

"Arts Journal," 9pm, Comcast channel 29

Thursday Night Jazz, 10pm, KLCC, 89.7 FM

PERFORMANCE

Eugene Symphony Orchestra Thursday Night Live, 7pm, Francesco Leece-Chong Facebook page.

RECREATION

Sex Question Cards Virtual Game Night, 7-8:30pm. Info at AsYouLiketShop.com. \$10.

SPIRITUAL

Zen Meditation, 7am, Blue Cliff Zen Ctr, 439 W. 2nd Ave.



KESHAWN ABRAHAM AND CHRISTIAN BROEKER

'The Days are Just Packed' for Young Filmmaker

19-YEAR-OLD MILES DIXON WINS AWARD AND NOMINATIONS AT THE ALL-AMERICAN HIGH SCHOOL FILM FESTIVAL

By Emily Topping

The film community in Lane County has a young new contender. Miles Dixon, a 19-year-old who graduated early from Churchill High School in 2018, won Best Editing at the virtual All American High School Film Festival in early October for his short film *The Days are Just Packed* and was nominated for three other awards, Best Screenplay, Best Direction and Best Overall.

Dixon's 10-minute film follows the story of a socially awkward high-schooler who, when faced with the daunting realization that his family is moving to Michigan, attempts to capture on video one last summer in Eugene with his best friend.

The film is partly based on a real life experience; during his sophomore year, Dixon's best friend told him he was moving across the country. It was the first moment, Dixon says, that he realized, "Time is passing. Things don't stay the same forever."

The film is hilarious and tender, carried by the anxious narration of the main character Xander, played by Christian Broeker, a senior at Sheldon High School. The best friend, Toby, who is seemingly oblivious to the duo's looming expiration date, is played by Keshawn Abraham, Dixon's real life roommate.

"I was really lucky to work with the most patient people on the planet," Dixon says. "We had to figure it out as we went along."

The Days Are Just Packed was shot over the course of six weeks during summer 2019, using mostly borrowed equipment. Dixon's friend Nik Gradisnik, whom he met at

a New York Film Academy summer camp, flew all the way from Slovenia to complete the project. Although the pair initially planned on creating a full feature-length film, time and budget constraints led to them making a short instead.

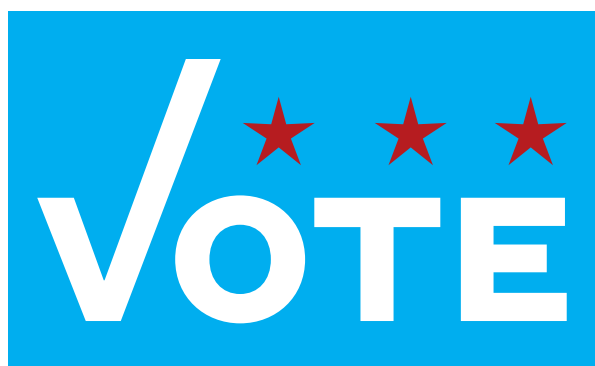
Despite the ambition of his work, Dixon became interested in creating films only in the last two years. He grew up watching movies every evening after school with his father, and at age 17 watched *Fruitvale Station*, a film based on the true story of Oscar Grant, a young man in Oakland killed by a BART police officer in 2009. "It made me cry, and made me really think about this idea of telling a story," he says.

From then on, Dixon started working on short documentaries, one of which posed the question, "Is college worth it?" by interviewing local high school and University of Oregon students. The documentary was never published, and the central question is still unanswered for Dixon, who has no concrete plans to pursue higher education for his filmmaking.

For now, Dixon is using his free time to fine tune his writing skills and has a script in the works for a future film. He says his completion of *The Days are Just Packed*, and its success at the All American High School Film Festival, has inspired him to continue creating.

"There was a moment right before I started [the film] that I almost quit, and I'm so glad I didn't," Dixon says. "I think the freedom in being a young filmmaker is that the stakes are low, and there's so much room to grow." ■

The full list of AAHSFF winners and nominees is available at the film fest's website, HSFilmfest.com, and The Days are Just Packed is free to watch at Collab.Sundance.org.



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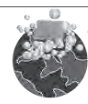
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LEN BABB III

Photos Courtesy Oregon Folklife Network

Culture Keepers

CARRYING ON WITH THE TRADITIONAL ARTS APPRENTICESHIP PROGRAM

By Ester Barkai

The idea that America is a melting pot has long dictated how immigrants should behave when they arrive, which is that they should disappear into mainstream culture, leaving their previous traditions behind. The Oregon Folklife Network's Traditional Arts Apprenticeship Program (TAAP) opposes the melting pot metaphor. Instead it encourages people of various subcultures to keep their cultural practices alive, to prevent them from being absorbed into the whole.

Past beneficiaries of the TAAP include Western horse trainer Tonya Rosebrook, Persian storyteller Azar Salehi, Folklórico Mexican dancer Maria de Jesús González Laguna and Chinese rod puppeteer Yugin Wang. Rosebrook was born in Portland and learned horsemanship on her grandfather's ranch in Mount Vernon, Oregon. Salehi grew up in Iran, where her aunt operated an art school attended by women only. It was a "breeding ground" for passing down folklore and stories, she says. She currently lives in Portland.

De Jesús González was born in Celaya, Guanajuato, Mexico. She studied dance and folklore in Mexico before moving with her husband to Oregon in 1993. She lives in Corvallis. Wang was born in Beijing and began studying at the Beijing Opera School at 10 years of age. She and her husband, Zhengli Xu, perform the ancient art of puppetry at Dragon Art Studio in Portland.

Though these awardees' traditions are different, they have all been identified by the apprenticeship program as master artists or "culture keepers."

You can see their profile pages, as well as those of other past recipients, on the Oregon Folklife Network (OFN) website. Associate Director Emily West Hartlerode says OFN is working on making a documentary with the



material it has accumulated, although there is no finish date yet attached to the project.

Looking through the profiles, you might learn, as I did, that the word "cowboy" can be used as a verb. Len Babb III states on his TAAP profile page, "I cowboied for over 40 years, so I know how a good saddle should feel."

A TAAP awardee in 2015-2016, Babb learned how to make saddles from his father. Proving that skills have been passed on through generations within a cultural group is a criterion for selection. Master artists are awarded a stipend to do the same. As culture keepers they pass on their skills to a member of their own cultural group.

Rather than teaching to a class full of students, artists work one-to-one with a single apprentice. Usually the lessons are done in the form of a long-term project that takes up to nine months. Projects, for example, like making a saddle.

The program is supported by the Oregon Arts Commission and the National Endowment for the Arts. In fact, identifying and supporting state folklore, says Hartlerode, was one of the NEA's first goals.

Oregon Folklife Network is housed on the University of Oregon campus. Due to COVID-19, Hartlerode is temporarily working out of her home. During the time we met online, she kept an eye on her toddler as she told me that she used to work as a child therapist.

Returning to school for a career change, she was still interested in human behavior but decided to focus on culture. Earning a master of arts degree in folklore studies from the University of Oregon, she wrote her thesis on garage band culture. As a folklorist who works for the state, though, the cultures she works with are defined more conservatively, often by ethnicity or occupation.

She says people don't always consider the work they do as valuable or as art. That's where folklorists who work with OFN come in. They travel throughout the state, meeting people and identifying their art and traditions.

Palestinian embroiderer and TAAP awardee Feryal Abbasi-Ghnam won the award in 2012-2013, 2014-2015 and again in 2017-2018. She also won an NEA National Heritage Fellowship in 2018, and has long been aware of just how valuable her work is.

Since 1980, when she immigrated to the U.S., she has worked for organizations that focus on cultural traditions. In 1985 the Women's Peace Conference in Nairobi, Kenya featured Abbasi-Ghnam's tapestry "Dove of Peace." Since then she has, among other things, lectured about her art and its history at Portland State University and Lewis and Clark College, and has spent about 15 years presenting workshops in public schools around the greater Portland area.

Abbasi-Ghnam says Palestinian embroidery has a long history dating thousands of years and that women have documented their lives through this art.

Teaching, in general, has proven to be a challenge during the last half a year of COVID-19. In March 2020, when Oregon set social distancing rules into effect, culture keepers and their apprentices met online. It is amazing how they've managed, Hartlerode says. They have found a way to carry on, even with the restrictions. ■

More information about the Traditional Arts Apprenticeship Program, including examples of some artists' work, is available on the Oregon Folklife Network website at OFN.uoregon.edu.

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Jonesin' Crossword

BY MATT JONES
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Across

1 Sound of a punch [E] (I created this puzzle for Take Your Kids To Work Day in collaboration with my then-nine-year-old twins. Clues followed by an [S] were written by Sid, and clues followed by an [E] were written by Ella.)
 5 Green paper that you pay with [E]
 9 They make up stairs [E]
 14 Make goo-goo eyes at
 15 Tennis's Arthur ___ Stadium
 16 Like some dirt bike tracks [S]
 17 Fearsome cat that spends moolah on Lamborghinis and mansions? [S]
 19 Former "Come on down!" announcer Johnny
 20 "I ___ open this jar. Can you help, Daddy?" [E]
 21 Monkey that eats curtains? [E]
 23 "Gimme ___! ... What's that spell? Ella!" [E]
 24 There are 100 in a century (abbr.) [S]
 26 Something a toy poodle

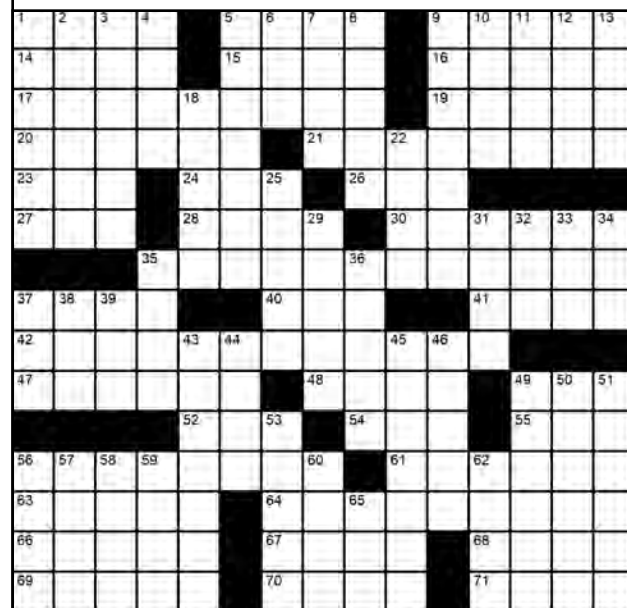
says [E]
 27 Rat-a-___ [E]
 28 Something that people say in awe [E]
 30 Pookums [E]
 35 Soaly creature that likes to eat frosted sweets? [S]
 37 Ninja Turtle that wears red, to his friends [S]
 40 Getting from ___ B
 41 Kid that can have a cellphone [S]
 42 Bird that smokes and does vandalism? [E]
 47 Sneaky little animal [E]
 48 ___ gin fizz
 49 Kid who is "epic!" [S]
 52 The ___ on the Shelf [S]
 54 Sid: "I'm not ___ years old anymore." Me: "No, I mean ___ as in '___ some food.'" [S]
 55 Palindromic Turkish title
 56 Water animal with flippers that makes barters 24/7? [S]
 61 Wants really badly [S]
 63 Go off-script (sorry, Ella, it doesn't mean "get more pounds")

64 Slow animal that grows wings and gets in your clothes? [E]
 66 She was a princess "long ago" [E]
 67 "The coolest kid in the universe" [E]
 68 Lake that sounds scary [E]
 69 Me: "How about the clue 'Used needles, Ella?'" Ella: "No, new needles. You have to use them because it affects the fabric more than you expect."
 70 Martens and McStuffs, for instance [S]
 71 Air France fliers, once
Down
 1 Type of wild "kitty-kitty :) [E]
 2 Type of lizard in "Sing" [E]
 3 Horse's mesh protection against pests, maybe
 4 Sinn ___ (Irish political movement)
 5 Spike thrown in the road to stop robbers [S]
 6 "___ was saying ..." [E]
 7 Like show horses' feet
 8 "___ Danger" (Nickelodeon

"Rhymes at the Zoo"

—a group effort for Take Your Kids to Work Day. [#831, May 2017]

show) [E]
 9 Quaint stores (you'd think, based on how they're spelled)
 10 Piece that goes on the floor [S]
 11 Queen in Arendelle [E]
 12 Water drop sound [E]
 13 "Auld Lang ___"
 18 Something said in an "argument party" [S]
 22 Teacher's helper [E]
 25 Region with Legoland, informally [S]
 29 Dislikes [S]
 31 Poker money
 32 "Call Me Maybe" singer Carly ___ Jepsen [E]
 33 "I Like ___" ("60s political slogan)
 34 "Hallow" ending
 35 Someone who might cook meatballs for you [S]
 36 Animal that's cute, fuzzy, lazy and gray [E]
 37 ___ for "Ricky Bubwick" (apparently a name that Sid just made up)
 38 Everyone [S]
 39 Toilet paper layer
 43 Turns evil or moldy [E]
 44 Remote control car part [S]
 45 Tag situations? [S]
 46 Looks rudely
 49 Enjoys, as food [S]
 50 "Understood" [S]
 51 Marks that are lines [S]
 53 Popular [E]
 56 Parents "who do puzzled goodness" [S]
 57 Brickell whose band is the New Bohemians
 58 "There ought to be ___"
 59 It may be parallel [E]
 60 Olympic hurdler/bobsledder Jones
 62 Drinks that are alcoholic [S]
 65 "Waterfalls" trio



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FREE WILL ASTROLOGY

BY ROB BREZSNY

ARIES (MARCH 21-APRIL 19): “I’ve been told that nobody sings the word ‘hunger’ like I do,” testified Aries chanteuse Billie Holiday. She wasn’t suggesting that she had a stylish way of crooning about fine dining. Rather, she meant “hunger” in the sense of the longing for life’s poignant richness. Her genius-level ability to express such beauty was due in part to her skillful vocal technique, but also because she was a master of cultivating soulful emotions. Your assignment in the coming weeks, Aries, is to refine and deepen your own hunger.

TAURUS (APRIL 20-MAY 20): Author Renata Adler expresses my own feelings when she writes, “Hardly anyone about whom I deeply care resembles anyone else I have ever met, or heard of, or read about in literature.” I bet if you’re honest, Taurus, you would say the same. It’s almost certainly the case that the people you regard as worthy of your love and interest are absolutely unique. In the sense that there are no other characters like them in the world, they are superstars and prodigies. I bring this to your attention because now is an excellent time to fully express your appreciation for their one-of-a-kind beauty — to honor and celebrate them for their entertainment value and precious influence and unparalleled blessings.

GEMINI (MAY 21-JUNE 20): “If you cannot find an element of humor in something, you’re not taking it seriously enough,” writes author Ilyas Kassam. That’s a key thought for you to keep in mind during the coming weeks. Levity and joking will be necessities, not luxuries. Fun and amusement will be essential ingredients in the quest to make good decisions. You can’t afford to be solemn and stern, because allowing those states to dominate you would diminish your intelligence. Being playful — even in the face of challenges — will ensure your ultimate success.

CANCER (JUNE 21-JULY 22): I’m hoping the horoscopes I wrote for you in late August helped propel you into a higher level of commitment to the art of transformation. In any case, I suspect that you will have the chance, in the coming weeks, to go even further in your mastery of that art. To inspire you in your efforts, I’ll encourage you to at least temporarily adopt one or more of the nicknames in the following list: 1. Flux Luster 2. Fateful Fluctuator 3. Shift Virtuoso 4. Flow Maestro 5. Alteration Adept 6. Change Arranger 7. Mutability Savant 8. Transition Connoisseur

LEO (JULY 23-AUG. 22): “When one is a stranger to oneself, then one is estranged from others, too,” wrote author Anne Morrow Lindbergh. “If one is out of touch with oneself, then one cannot touch others. Only when one is connected to one’s own core, is one connected to others.” In bringing these thoughts to your attention, Leo, I don’t mean to imply that you are out of touch with your deep self. Not at all. But in my view, all of us can benefit from getting into ever-closer communion with our deep selves. In the coming weeks, you especially need to work on that — and are likely to have extra success in doing so.

VIRGO (AUG. 23-SEPT. 22): My cosmic tipsters told me that you will be even smarter than usual in the coming weeks. As I scoured the heavenly maps, I detected signs that you have the potential to be a skilled code-cracker, riddle-decipherer, and solver of knotty problems and tricky dilemmas. That’s why I suggest you express gratitude to your beautiful brain, Virgo. Sing it sweet songs and tell it how much you love it and find out which foods you can eat to strengthen it even more. Now read Diane Ackerman’s description of the brain: “that shiny mound of being, that mouse-gray parliament of cells, that dream factory, that petty tyrant inside a ball of bone, that huddle of neurons calling all the plays, that little everywhere, that fickle pleasuresdome.”

LIBRA (SEPT. 23-OCT. 22): I vote in American elections, but I’ve never belonged to a political party. One of my favorite politicians is Bernie Sanders, who for most of his career has been an Independent. But now I’m a staunch advocate for the Democrats. Why? Because Republicans are so thoroughly under the curse of the nasty, cruel, toxic person known as Donald Trump. I’m convinced that it’s crucial for our country’s well-being that Democrats achieve total victory in the upcoming election. In accordance with astrological omens, I urge you to do your personal equivalent of what I’ve done: Unambiguously align yourself with influences that represent your highest, noblest values. Take a sacred stand not just for yourself, but also in behalf of everything you love.

SCORPIO (OCT. 23-NOV. 21): “I loathe narcissism, but I approve of vanity,” said fashion writer Diana Vreeland. Here’s how I interpret that: People who care mostly for their own feelings and welfare, and who believe they’re more important than everyone else, are boring and repellent. But those who enjoy looking their best and expressing their unique beauty may do so out of a desire to share their gifts with the world. Their motivation might be artistry and generosity, not self-centeredness. In accordance with cosmic potentials, Scorpio, I invite you to elude the temptations of narcissism as you explore benevolent forms of vanity.

SAGITTARIUS (NOV. 22-DEC. 21): Yes, do let people see you sweat. At least for now, be forthright and revelatory. Let people witness your secret fire, your fierce tang, your salty tears and your unhealed wounds. Hold nothing back as you give what you haven’t been able to give before. Be gleefully expressive as you unveil every truth, every question, every buried joy. Don’t be crude and insensitive, of course. Be as elegant and respectful as possible. But make it your priority to experiment with sacred vulnerability. Find out how far you can safely go as you strip away the disguises that have kept you out of touch with your full power.

CAPRICORN (DEC. 22-JAN. 19): Between 2008 and 2017, Southern California had two sizable earthquakes: 5.5 and 5.1 on the Richter scale. But during the same period, the area had 1.8 million small quakes that were mostly too mild to be felt. The ground beneath the feet of the local people was shaking at the rate of once every three minutes. Metaphorically speaking, Capricorn, you’re now in a phase that resembles the mild shakes. There’s a lot of action going on beneath the surface, although not much of it is obvious. I think this is a good thing. The changes you’re shepherding are proceeding at a safe, gradual, well-integrated pace.

AQUARIUS (JAN. 20-FEB. 18): No American woman was allowed to earn a medical degree and practice as a physician until Aquarian-born Elizabeth Blackwell did it in 1849. It was an almost impossible feat, since the all-male college she attended undermined her mercilessly. Once she began her career as a doctor, she constantly had to outwit men who made it difficult for her. Nevertheless, she persisted. Eventually, she helped create a medical school for women in England and made it possible for 476 women to practice medicine there. I propose that we make her your patron saint for now. May she inspire you to redouble your diligent pursuit of your big dream. Here’s your motto: “Nevertheless, I’m persisting.”

PISCES (FEB. 19-MARCH 20): Henry David Thoreau wrote, “I fear my expression may not be extravagant enough, may not wander far enough beyond the narrow limit of my daily experience, so as to be adequate to the truth of which I have been convinced.” You’ll be wise to have a similar fear, Pisces. According to my analysis, you can generate good fortune for yourself by transcending what you already know and think. Life is conspiring to nudge you and coax you into seeking experiences that will expand your understanding of everything. Take advantage of this opportunity to blow your own mind!

Homework: Name five things you do to make yourself feel good. Then think of another thing to add to the list. FreeWillAstrology.com

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NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS. This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated September 28, 2020. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County, Oregon. Date of first publication: 10/15/2020 Date of last publication: 10/29/20. NOTICE READ THESE PAPERS CAREFULLY. IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON DECEMBER 17, 2020 AT 10:00 A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APPEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named child either ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS. (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY, and you meet the state’s financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane County Juvenile Department, 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, phone number 541/682-4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar’s Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the

petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE. PETITIONER’S ATTORNEY Anthony H. Dundon, Assistant Attorney General, Department of Justice, 975 Oak Street, Suite 200, Eugene, OR 97401. Phone: (541)686-7973. ISSUED this 7th day of October, 2020. Issued by: /s/ Anthony H. Dundon, #143116, Assistant Attorney General

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT In the Matter of the Estate of: PEGGY RUTH WILD, Deceased. CASE No. 20PB06201 NOTICE TO INTERESTED PERSONS (ORS 113.155) NOTICE IS HEREBY GIVEN that, Jonathan F. Wild has been appointed Personal Representative of the Estate of Peggy Ruth Wild, deceased. All persons having claims against the estate are required to present them to the Personal Representative, through his attorney, John A. Hudson, North Bank Law, at 66 Club Road, Suite 200, Eugene, Oregon 97401-2459, within four months after the date of first publication of this notice, or the claims may be barred. (Please provide vouchers or documents substantiating any such claim). All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the Personal Representative, or the attorney for the personal representative, whose contact information is as follows: Personal Representative Jonathan F. Wild 815 Prescott Lane, Springfield, OR 97477. Tele: (503)319-9741. Attorney for Personal Representative: John A Hudson, OSB #741498 North Bank Law, 66 Club Road, Suite 200, Eugene, Oregon 97401. Tele: (541)485-0777 Fax: (541)344-7487 Dated and first published October 8th, 2020.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT In the Matter of the Estate of: NANCY JANE DIAZ, Deceased. No. 20PB06956 NOTICE TO INTERESTED PERSONS (ORS 113.155) NOTICE IS HEREBY GIVEN that Elizabeth Diaz de Noga has been appointed Personal Representative of the Estate of Nancy Jane Diaz, deceased. All persons having claims against the estate are required to present them to the Personal Representative, through her attorney, John A. Hudson, North Bank Law, at 66 Club Road, Suite 200, Eugene, Oregon 97401-2459, within four months after the date of first publication of this notice, or the claims may be barred. (Please provide vouchers or documents substantiating any such claim). All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the Personal Representative, or the attorney for the personal representative, whose contact information is as follows: Personal Representative: Elizabeth Diaz de Noga, 379 19th St., Springfield, OR 97477. Tele: (541) 606-7228. Attorney for Personal Representative: John A. Hudson, OSB #741498, North Bank Law, 66 Club Road, Suite 200, Eugene, Oregon 97401. Tele: (541)485-0777 Fax: (541)344-7487. Dated and first published October 15, 2020. /s/ John A Hudson #741498 Attorney for Personal Representative

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT. In the Matter of the Estate of Michael Antone Bury, Deceased. Case No. 20PB06928. NOTICE TO INTERESTED PERSONS: NOTICE IS HEREBY GIVEN that Deborah Jean Bury has been appointed Personal Representative of the above Estate. All persons having claims against the Estate are required to present them, with vouchers, to the undersigned Personal Representative at 626 B Street, Springfield, Oregon 97477-4615, within four (4) months after the date of first publication of this notice, or those claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the Court, the Personal Representative, or the attorney for the Personal Representative. DATED and first published on October 22, 2020. /s/ Deborah Jean Bury, Personal Representative: PO Box 546, Elmira, OR



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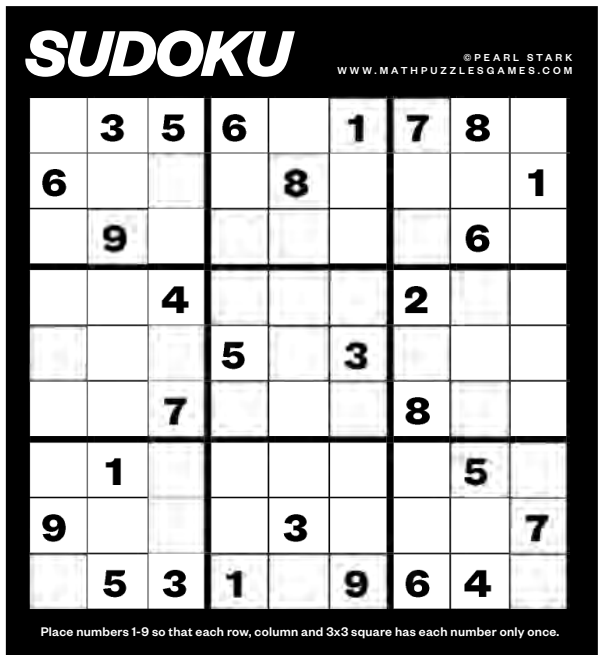
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97437; Phone: (541) 520-4260. Attorney for Personal Representative: R. Scott Corey, P.C. 626 B Street, Springfield, Oregon 97477-4615; Phone: (541) 484-0925; Fax: (541) 484-0791; E-mail: rsc@efn.org; OSB No. 910346.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE. In the Matter of the Estate of Tillie Krieger, Deceased. No. 20PB07046. NOTICE TO INTERESTED PERSONS. NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at 2405 My-De Court, Eugene, OR 97401, within four months after the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative, Lawrence Deckman, at 2406 Lawrence Street, Eugene, Oregon 97405, (541) 731-1227. Dated and first published October 22, 2020. /s/Herman Krieger, Personal Representative

NOTICE TO INTERESTED PERSONS ESTATE OF HARVEY K. TARBET LANE COUNTY CIRCUIT COURT CASE NO. 20 PB 06580 NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the undersigned personal representative at Kirk Tarbet c/o Mark M. Williams, Attorney at Law, 66 Club Road, Suite 200, Eugene, OR 97401. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. Dated and first published October 8th, 2020. PERSONAL REPRESENTATIVE: Kirk Tarbet, 13534 NE 190th Place, Woodinville, WA 98072. ATTORNEY FOR PETITIONER/PERSONAL REPRESENTATIVE: Mark M. Williams, OSB#821404, 66 Club Road, Suite 200, Eugene, OR 97401-2459 541-393-6720/541-344-7487 FAX mark@williams-law.com

NOTICE TO INTERESTED PERSONS ESTATE OF RACHEL LOUISE McMANUS LANE COUNTY CIRCUIT COURT CASE NO. 20 PB 07183 NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present



them, with written evidence thereof attached, to the undersigned personal representative at Sharon Hoefer c/o Mark M. Williams, Attorney at Law, 66 Club Road, Suite 200, Eugene, OR 97401. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. Dated and first published October 22nd, 2020. PERSONAL REPRESENTATIVE: Sharon L. Hoefer, 2481 Moore Street Eugene, Oregon 97404 (541) 914-6317 ATTORNEY FOR PETITIONER/PERSONAL REPRESENTATIVE: Mark M. Williams, OSB#821404, 66 Club Road, Suite 200, Eugene, OR 97401-2459, 541-393-6720/541-344-7487 FAX mark@williams-law.com

NOTICE TO INTERESTED PERSONS: Probate proceedings in the Estate of Norma F. Cole, Deceased, are now pending in the Circuit Court of the State of Oregon for Lane County, Case No. 20PB06703, and Deborah C. Ogburn has been appointed Personal Representative of the estate. All persons having claims against the estate are required to present the same, with proper vouchers, to the Personal Representative, c/o Gleaves Swearingin LLP, Attorneys at Law, 975 Oak Street, Suite 800, Eugene, OR 97401, within 4 months from the date of the first publica-

tion of this notice or such claims may be barred. NOTICE IS FURTHER GIVEN to all persons whose rights may be affected by the above entitled proceedings that additional information may be obtained from the records of the Court, the Personal Representative or the attorneys for the Personal Representative. Dated and first published this 15th day of October, 2020.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Probate Department. In the Matter of the Estate of: LEIGH ALICE PETTY, Deceased. Case No. 20PB07264, NOTICE TO INTERESTED PERSONS. NOTICE IS GIVEN that Giselle Fuller has been appointed personal representative of this estate. All Persons having claims against the estate are required to present them, with vouchers attached, to the personal representative c/o Robert Cole Tozer, Attorney at Law, 975 Oak St., Suite 615, Eugene, OR 97401, (541)345-0795, within four months of the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the personal representative's attorney, Robert Cole Tozer. DATED and first published October 22, 2020. Personal Representative /s/ Giselle Fuller.

I SAW YOU

R.O.J or "Bubbs" get a hold of your mother please. She hasn't given up on you.

IMAGINE: LET IT BE So Grateful Blessings

SAVAGE LOVE

Don't Give Up
BY DAN SAVAGE



Borrowing Gen Z's love for labelling everything, I'm a 46-year-old homoromantic asexual Canadian faggot. For me that means I'd like to love and be loved by another man but I'd hate having sex with him. To add a vexing complication, I also need some sort of power imbalance. Ideally, I would fall somewhere between being a man's sub and being his slave. I've been searching for this since I came out in my early twenties. I've tried everything. Online, bars, hobby groups, friends, hookups. Vanilla relationships, single Masters, dominant couples, sex workers. I've spent thousands of dollars on both men and therapy, but here I am busted, miserable and alone. The point is that no one — and I mean absolutely no one — wants what I want. My dream dude doesn't exist. It's easy to tell someone to move on, that there are other fish in the sea, etc., but sometimes your sea is a puddle and you really are the only guppy. I'm considering ending my life before the end of the year. I can't shake the deep sadness and disappointment and misery that I feel — and this isn't even touching on my current unemployment or newly-chronic health issues. What would you do if you were in my shoes? How does one switch off the built-in romantic drive?

— Sought A Dom Accepting Sad Singlehood

I'm sorry you haven't found your ideal man, SADASS, or the right dominant couple or a vanilla guy you could love and a dominant sex worker you could see on the side. Not everyone finds their ideal mate/position/situation, despite our best efforts, which is why it's important that we build lives for ourselves that are rich and rewarding while we look for our dream dude(s). Because then even, if we're unhappily single — or we find ourselves unhappily single again — we would still have meaning and pleasure in our lives. And that makes it easier for us to live in hope that, should all the planets align, it could still happen for us or happen for us again. (Please note: I'm qualifying "single" with "unhappy" here not because all single people are unhappy — which is absolutely untrue — but because this single person, SADASS, is unhappy.)

I have to assume it has happened for you once or twice, SADASS. While none of your relationships with any of the vanilla guys, single Masters, dominant couples, or sex workers you've met along the way turned into long-term connections, there had to have been some good times and real — if not lasting — connections over the years. Instead of seeing those relationships as a string of failures because they all ended, SADASS, you should see them as a long series of successful short-term relationships. And while you may regret that none lasted for years or decades, there's nothing about being partnered that immunizes a person against regret. If you were still with one of those vanilla guys, you might always regret not meeting a Master; if you were with a Master or a dominant couple, you might regret — from time to time — not having a more egalitarian relationship.

Although you say not be interested in having sex, SADASS, your interests are erotically charged. If your erotic-if-not-sexual fantasies are causing you distress — if you want to switch off your built-in romantic/erotic drive — anti-depressants often lower and sometimes tank a person's libido. For most people that's an unwelcome side effect, but you may find it a blessing — at least for now, SADASS, while you're dealing with your health and employment issues. It's an extreme move, but it's far less extreme than the one you've been contemplating, so it might be worth discussing with a sex-positive, kink-positive, reality-aware therapist.

Finally, please don't end your life. The world is a far more interesting place with you in it. And while finding a romantic partner is never the solution to our problems — it's only the start of a whole new set of problems — I've heard from countless people over the years who found something close to what they were looking for in their fifties, sixties and even seventies. But it can't happen for you if you aren't here for it.

Crisis Services Canada maintains a 24-hour suicide-prevention hotline: 833-456-4566. In the United States please call the National Suicide Prevention Lifeline: 800-273-8255.

I'm bisexual man who works on a military base with so many hot men. But how the hell do I even get a quick cock to suck without getting fired for coming on to the wrong guy? Or beaten up? How do I approach someone who could be interested? It's been forever since I've had a guy! Don't tell me to try Grindr. I already did and most of the guys on there are not my style and the two that were blew me off. I wish I was totally straight or totally gay cause the bisexual world is really depressing!

— Basically I've Got Unfulfilled Yearnings

Totally gay guys get blown off on Grindr and Sniffies and Recon all the time. Totally straight guys get blown off on Tinder and Farmers Only and Christian Mingle all the time. I'm not minimizing the unique challenges bisexuals face by bisexual men and women — biphobia is real — but everyone faces rejection, BIGUY. And while some gay guys don't wanna date bi guys, you aren't looking for a date. You're looking for a dick to suck.

So get back on Grindr. When you see a hot guy on the street, on the subway, or your military base, quickly open Grindr — or Scruff or Sniffies or Recon or all of the above — and if they're on there too, send 'em a message. If they're interested, they'll write back. If they aren't, they won't. And if you're worried a guy won't let you suck his dick if you tell him you're bisexual and you don't mind blowing guys who might be homophobic, don't disclose your bisexuality on your profile and stick to "Sup?" and "Looking?" when you message them.

And you know... back when men picked each other up in bars... you had to make eye contact with a lotta guys before you locked eyes with the right guy. If you made eye contact with a guy who wasn't interested — if you weren't his style or his type — he wouldn't make eye contact with you again. That's essentially what a guy is doing when he "blows you off" on Grindr: he's taking a quick look, deciding you're not for him, and looking away — the exact same thing you're doing to guys who aren't your style or type. Guys left the bar after two guys looked away and never got to suck a dick, BIGUY, so don't give up after a couple of guys blow you off on Grindr. Just keep looking around.

I'm a 60-something straight woman. A few years ago, a longtime male friend and I, both in very unhappy relationships, did what I'd never done in my life: we cheated on our partners. We both ended our other relationships and the resulting two years have been wonderful. My guy is smart and funny and the sex is very, very, VERY good. We don't live together and see each other on weekends. Now for the problem: I think he voted for Trump. While he's a political conservative, he's not crazy, and he has some reasonable viewpoints that I can tolerate even if I disagree. But not Trump. I don't think a good person votes for Trump. Practically speaking, it doesn't matter, because we live in solid blue Washington state and all our electoral votes will go to Biden, but I'm not sure I can fuck someone who voted for Trump. But if I end things with him, there's a good chance I'll never have sex again. I don't think there are many opportunities for 65-year-old average looking women, even ones with healthy libidos. Thoughts?
Update: Before I could even hit send on this email, Dan, I found out that, yes, he voted for Trump. I'm sickened that this person I care for voted for Trump! Do I end it?!

— OH FUCKING HELL

Yes you do, OFH, and you tell him why: elections have consequences. Better a trusty vibrator than an unworthy Trump voter.

This week on the Savage Lovecast, Andrew Gurza on sex with disabilities. www.savagelovecast.com

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